



## Week 3 - Home learning for grades 3 to 6



No technology options	Technology Needed
<p>Go outside and find as many objects as you can that are Green, Brown or blue in color.</p> 	<p>Try a dancing work out using <b>Go Noodle</b>. Let's try "<b>Dynamite</b>" or "<b>Banana Banana Meatball!</b>"</p> <p><a href="https://family.gonoodle.com/activities/dynamite">https://family.gonoodle.com/activities/dynamite</a></p> <p><a href="https://www.youtube.com/watch?v=BQ9q4U2P3ig">https://www.youtube.com/watch?v=BQ9q4U2P3ig</a></p> <p>Check out my links tab for more favorites.</p>
<p>Let's do some more skipping. Practice skipping forwards and backwards this week.</p> 	<p>How about some more dancing options for a good work-out. Just Dance for kids offers "<b>Footloose</b>".</p> <p><a href="https://www.youtube.com/watch?v=UldWodUzmkg">https://www.youtube.com/watch?v=UldWodUzmkg</a></p> <p>Check out my links tab for more favorites.</p>
<p><b>Leaning Tower</b> The object is to create a tower with 2 pairs of shoes. Each time the tower falls perform 10 Jumping Jacks. If the tower stands, do 10 push-ups. Change up the exercises as you wish.</p>	<p>Check out my attached "<b>DEAM calendar</b>" to try some different activities. See if you can get some family members involved.</p>

<p><b>Fan Favorite</b> The object is to use a paper plate to fan a grocery bag across the room and then back before 1 minute expires. Complete 3 times.</p>	<p><b>Let's try something new</b> – we are going to learn to juggle! Find some items around your home that might be fun to juggle. Follow along with the video. Taylor will be your instructor today.</p> <p><a href="https://www.youtube.com/watch?v=dCYDZDlcO6g">https://www.youtube.com/watch?v=dCYDZDlcO6g</a></p>
<p><u><a href="#">Self-Passing Challenge</a></u> <b>Click on the link to see the different levels.</b> Can you keep a balloon, zip lock bag with air or sock ball in the air with consistent strikes? Record Daily to see if your skills improve.</p>	<p>Check out my attached file, <b>“What is your name?”</b> to complete a full work out. Try out a family member's name this week!</p>