



Week 4 - Home learning for grades 3 to 6



No technology options	Technology Needed
<p>Spend some time biking, jogging or walking with a family member. These are excellent cardio opportunities.</p>	<p>This week on Go Noodle, we are going to take a look at being Mindful. Let's practice Mindfulness</p>
<p>Let's do some more skipping practice this week. If you do not have a rope, just pretend. How many times can you skip without stopping? Keep a record so that you can compare your results.</p> <div data-bbox="375 1304 578 1478" data-label="Image"> </div>	<p>Boks Bursts</p> <p>These short videos help kids work on skills and provide good opportunities to boost cardio. Video clips are 3 to 5 min in length. I hope that you will give these a try.</p> <p>Colors in the Room</p> <p>Gone Camping</p> <p>The floor is lava</p>
<p>Keep working on the attached "DEAM calendar" to try some different activities. How many activities can you complete this week? See if you can get some family members involved.</p>	<p>How about a cosmic kids yoga adventure? Harry Potter is up this week. Follow the link for a great adventure. Harry Potter and the Philosopher's Stone</p>

<p>My Dinner Dice</p> <p>Roll a dice to see what exercise you will complete. Start at the protein group and work to the right. Good luck with your routine this week. See my attachment on Dinner Dice.</p> 	<p>Let's continue to work on juggling this week. It is an excellent activity to improve hand eye coordination. Good luck! Be patient it is a tough skill to learn. Can you juggle 3 things? Follow this link:</p> <p><u>Juggling with Taylor</u></p>
<p>See my attachment for an Outdoor scavenger hunt. You will need paper and a pencil for this activity as you actually have to draw the things you find. Good luck! I know that you are all great detectives.</p> 	<p>Let's try something new. How about learning to use a Haki sak? I have included 2 links for you. The first one is how to make a Haki Sak if you don't have one. And the second link is to learn Haki Sak skills.</p> <p><u>How to make a Haki Sak</u></p> <p><u>How to play with a Haki Sak</u></p>