


Week 4 - Home learning for K-2



No technology options	Technology Needed
<p>We are going to continue to work more on our skipping. Keep practicing skipping forwards and backwards this week. Record how many times you can skip in a row. Recording your results helps to see your progress. Just pretend if do not have a rope at home.</p> 	<p>This week on Go Noodle, we are going to take a look at being Mindful. Let's practice Mindfulness</p>
<p>A little juggling for fun.</p> <p>Can you complete these juggling tasks with a grocery bag or scarf? See my attachment on scarf activity card.</p>	<p>Try out your dance moves out with this week's song from Just Dance! Follow the link to Funky Town! Funky Town</p>

Try some biking, walking or jogging with a family member this week. These are great cardio exercises to keep you and your heart healthy.



I would love to see a great **obstacle course** that you have created in your yard. It can be for you to run through or maybe for you to go through on a skateboard or bicycle. Take a video of the course or some pictures to send me at marcy.downey@nbed.nb.ca. How long did it take to go through your obstacle course?

See my attachment for an **K-2 Outdoor scavenger hunt**. It is a scavenger hunt that you will need to use all of your senses for. Good luck! I know that you are all great detectives.

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](#)

Charades are always fun. See my attachment on **Animal Charades** to see the directions on how to play and for some ideas on what animals might be fun to use in this game.

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 some Haki Sak skills.
[How to make a Haki Sak](#)
[How to play with a Haki Sak](#)