**Week 10 – Home learning for grades K to 6**

 

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| **ASD-N Virtual Olympics** I hope that our Jr Cobras had fun with the Olympics the last couple of weeks. It was an exciting couple of weeks. I cannot wait to see the final tally sheet to see how you all did.  |
| **Ways to get active at home without technology:*** Biking
* Walking
* Jogging
* Skipping
* Fort Building
* Yard Work
* Trampoline
* Create your own dance
* Create your own work out
* Build a maze for a family member to walk through
* Play catch or Frisbee
* Golfing
* Soccer /Baseball/Soccer skill practice

How about a **Cosmic kid’s yoga adventure**? Check out this link:[**Tallelah the owlet**](https://www.youtube.com/watch?v=2aje33UPixE) |
| This week on Go Noodle, check out one of these cool songs:This week on Go Noodle, check out this cool song. [Boom Chicka Boom](https://family.gonoodle.com/activities/boom-chicka-boom)  |
| What is your name fitness activity? Spell your full name and see what activities correspond with each letter. **Check out the attachment called What’s your name?** Try some other family names. |
| **Flip a coin.** Whichever side it lands on will tell you which exercise to do! Open the attachment called **Flip A Coin workout** to see which exercise to do. |
| **Fan Favorite** 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. |
| **Let’s try something new** – 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.  [**Juggling Practice**](https://www.youtube.com/watch?v=dCYDZDlcO6g) |
| **Hoop and Pole.** Open the attachment called **Hoop and Pole Instructions** to see the instructions on how to do this activity. |