

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



No technology options	Technology Needed
<p><b>Make It Up Day</b> Make up a game where you must practice your kicking skills. How can you score points?</p>	<p>This week on Go Noodle, check out one of these cool songs. <a href="#">Danger Force</a> Or <a href="#">Get Yo Body Moving</a></p>
<p><b>Family is everything.</b> Go for a walk with your family. Who are 3 special people in your life? Write them a note or draw them a picture.</p>	<p><b>Boks Bursts</b> 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. <a href="#">Name That Fruit Burst</a>  <a href="#">Make a Shape Burst</a></p>
<p><b>Shadow Ball</b> is an age-old pastime that was made popular by the Harlem Globetrotters. Players pantomimed passing, catching, and shooting an invisible basketball. Check out</p>	<p>How about a <b>Cosmic kid's yoga adventure</b>? Follow the link for a great adventure.  <a href="#">Star Wars (Force Awakens)</a></p>

<p>this attachment to show you how to play buzzer beater.</p>	
<p>Check the attachment called <b>Bottle Flip Tic Tac Toe</b>. Read the instructions, then challenge a family member to a game.</p>	<p><b>Let's try something new. Check out this video on a cool game called <a href="#">Modified Lawn Bowling</a></b></p>
<p><b>TABATA Workout</b> Click on the attachment called <b>Tabata 1</b> to plan your work-out.</p>	<p>Check out this attachment- <b>What's in a label?</b> You will learn how to describe the parts of a label and practice reading labels.</p>
<p>Take a look at the attachment called <b>Deck of Cards Fitness</b>. Each card represents the number of repetitions you must do of each exercise.</p>	<p>I bet you all have lots of recyclables laying around these days. Why not give this challenge a try? <a href="#">Backyard Relay</a></p>