**Day 6 – Home learning for grades 3 to 6**



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| No technology options | Technology Needed |
| **Make It Up Day**  Make up a game where you must practice your kicking skills.  How can you score points? | This week on Go Noodle, check out one of these cool songs.  [**Danger Force**](https://www.youtube.com/watch?v=7Li2qwdUsxU)  Or  [**Get Yo Body Moving**](https://www.youtube.com/watch?v=fpD9kRyBn8o) |
| **Family is everything.**  Go for a walk with your family. Who are 3 special people in your life? Write them a note or draw them a picture. | **Boks Bursts**  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.  [**Name That Fruit Burst**](https://www.youtube.com/watch?v=ItAdafoR8s0)  [**Make a Shape Burst**](https://www.youtube.com/watch?v=jVyLOvFaTu4) |
| **Shadow Ball** is an age-old pastime that was made popular by the Harlem Globetrotters. Players pantomimed passing, catching, and shooting an invisible basketball. Check out this attachment to show you how to play buzzer beater. | How about a **Cosmic kid’s yoga adventure**? Follow the link for a great adventure.  [**Star Wars (Force Awakens)**](https://www.youtube.com/watch?v=coC0eUSm-pc) |
| Check the attachment called **Bottle Flip Tic Tac Toe**. Read the instructions, then challenge a family member to a game. | **Let’s try something new. Check out this video on a cool game called**  [**Modified Lawn Bowling**](https://safeshare.tv/x/dLwgQClyVsI%23) |
| **TABATA Workout**  Click on the attachment called **Tabata 1** to plan your work-out. | Check out this attachment**- What’s in a label**? You will learn how to describe the parts of a label and practice reading labels. |
| Take a look at the attachment called **Deck of Cards Fitness.** Each card represents the number of repetitions you must do of each exercise. | I bet you all have lots of recyclables laying around these days. Why not give this challenge a try?  [**Backyard Relay**](https://safeshare.tv/x/sR6TSjtZY4k%23) |