**Day 7 – Home learning for grades 3 to 6**



|  |  |
| --- | --- |
| No technology options | Technology Needed |
| **Make It Up Day**  Make up a game where you must practice your throwing skills.  How can you score points? | This week on Go Noodle, check out one of these cool songs.    [**Go with the Flow**](https://family.gonoodle.com/activities/go-with-the-flow) |
| Take a look at the attachment called **Deck of Cards Fitness.** Each card represents the number of repetitions you must do of each exercise. | **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) |
| Use the **walking trail posters** in this packet to create an athome walking trail. You can make your trail indoors or outdoors. There are 5 walking trail signs to create 5 stations that you will visit on your Wonderful Walks. The attachment is called Walking Trail Packet. | **Let’s try something new. Check out this video on a cool game called**  [**Modified Lawn Bowling**](https://safeshare.tv/x/dLwgQClyVsI%23)  Check out this DAREBEE workout. It has level 1, 2 and 3 for an intense workout. Good luck. You can find the workout in the **attachment called Mr. Grumpy.** |