**Day 7– Home learning for K-2**



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| No technology options | Technology Needed |
| **How is your kicking?**  Practice kicking a ball. Try kicking with one foot. How far can you kick? How accurate is your kick? Make a pretend net and see how many times you can score? | This week on Go Noodle, check out one of this cool song.  [Go with the Flow](https://family.gonoodle.com/activities/go-with-the-flow) |
| **Catching experts**  Toss a ball or pair of socks up in the air. Can you catch it 21 times in a row? Can you catch it 21 times in a row with a partner? | How about a **Cosmic kid’s yoga adventure**? Follow the link for a great adventure.  [**Frank the Frog**](https://www.youtube.com/watch?v=TY8xx7c6_z0) |
| **Make It Up Day**  Make up another dance. Can you include 5 different body parts? High and low movements? Try adding our slide, shuffle, gallop or skipping movements. | 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) |
| Check out **My Happy Heart** attachment to learn about the things or people that support your emotional well-being. | **Just Dance for kids is featuring**  [**Five Little Monkeys**](https://www.youtube.com/watch?v=IxF0iayJR-s) |