**Day 8 – Home learning for grades 3 to 6**

 

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| No technology options |  Technology Needed |
|  You decide today. Some of your choices might be • Biking • Walking • Jogging • Skipping • Fort Building • Yard Work • Trampoline • Create a scavenger hunt for a family member | This week on Go Noodle, check out one of this cool song.  [Shake](https://family.gonoodle.com/activities/shake-it-off) It Off |
| Make up a game today that involves throwing. How will you keep points? What are the rules? I can’t wait to try it out when you get back to class. |  **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) |
| Use the **walking trail posters** to show someone your new trail. | **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.** | **Try out a yoga video from Cosmic Kids. Your choice today. The link is on my page.** |