**Day 8 – 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 try out [Shake](https://family.gonoodle.com/activities/shake-it-off) It Off |
| **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) |
| 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 | Check out the attachment **Every egg has a story** and learn some new things about eggs and healthy eating. |