**Day 9 – Home learning for grades 3 to 6**



|  |  |
| --- | --- |
| No technology options | Technology Needed |
| Open the attachment called **Flip A Coin Workout.** Have fun with these exercises. | This week on Go Noodle, check out one of this cool song.  [**Dynamite**](https://www.gonoodle.com/videos/4wb3LY/dynamite) |
| **Make up a game today that involves kicking and throwing.** How will you keep points? What are the rules? I can’t wait to try it out when you get back to class. | Try out a new workout today. You can choose from exercises or dance moves in this video. [**Dance or Move Tabata 1**](https://www.youtube.com/watch?v=yusb7M7oG94) |
| **Pick 5 different muscles to stretch.** Hold each stretch for 20 seconds. | If you are a gamer, you may enjoy this video game workout “A crocodile Adventure”  [**A crocodile adventure**](https://www.youtube.com/watch?v=odGmPG_OtFI) |
| **Read a book** while doing a wall sit. (Phantom chair – just pretend)  Did you know soda has ~39 grams of sugar? Do 39 mountain climbers. | **Your choice: surf for a new workout program**  How about a **Cosmic yoga adventure**? Follow the link for a great adventure.  [**Spider Power Yoga**](https://www.youtube.com/watch?v=fnO-lGEMOXk) |