

Week 9 - Home learning for grades K to 6



Week 2 Of the ASD-N Virtual Olympics

I hope that our Jr Cobras are trying some of these activities out, they look like lots of fun. Each day I will post the activity on my teacher page and our school FB page. Make us proud! Were you able to get some family members involved?

Good luck! Here is the link to post your results:

[Post your results here](#)

Other ways to get active at home:

- Biking
- Walking
- Jogging
- Skipping
- Fort Building
- Yard Work
- Trampoline
- Create your own dance
- Create your own work out
- Build a maze for a family member to walk through

How about a **Cosmic kid's yoga adventure**? Check out this link:

[Alice in Wonderland](#)

[Tiny the T-Rex](#)

This week on Go Noodle, check out one of these cool songs:

[House Party](#)

Take a look at the attachment called **Deck of Cards Fitness**. Each card represents the number of repetitions you must do of each exercise.

Flip a coin. Whichever side it lands on will tell you which exercise to do! Open the attachment called **Flip A Coin workout** to see which exercise to do.

Quote it

How do family members or friends support you when you are feeling frustrated, sad, or just need to talk to someone? It is common for people to use positive quotes to show their support helping to inspire and motivate others. Check out the attachment **Quote it**, have you heard any of these quotes? How do these quotes make you feel?