PE Week of June 1 – Cycle 3

Hi and welcome to PE at Home. We have 6 amazing activities for you this week. They are all different so there is something for everyone. I hope you enjoy them and learn while doing it.

Hat throwing

<https://youtu.be/zEwPaoLtH9o>

Turn a chair upside down. Collect all your hats. Take 2 stapes away from the chair (closer for easier or further away for harder). Try and throw you hats so they land on the chair legs. For more of a challenge, see how many you get in 1 minute or vs someone else.

Hoodie Catch

<https://www.youtube.com/watch?v=aylH90KTsCs&feature=youtu.be>

 Throw a pair of rolled-up socks in the air and try to catch it inside the hood of your sweater while wearing it backward. If you miss, do 3 squats before trying again. Try to make up your own tricks!

 Hurdle Challenge

<https://youtu.be/6rlUmHh5vW4>

Create a hurdle challenge using empty shoe boxes and a pair of shoes. This fitness challenge consists of a combination of high-knees and hurdle exercises.

High Plank Challenge

<https://youtu.be/FfUoUBAM47w>

While in a high plank position with a partner, try to slide a beanbag or a pair of rolled up socks between your partner’s arms to score a goal! See who can reach 5 goals first.

Balloon game

<https://youtu.be/ssPiUcS7W5w>

Keep a balloon or blown up ziplock bag up as long as you can. Count how many hits you can do. To make it harder you can keep it up with only your feet. Or try keeping 2 balloons up at the same time.

Avengers workout video

<https://www.youtube.com/watch?v=jyWyBern6q4&fbclid=IwAR1j2SDm1oj6s8rKr9MPk4fATuGulng5vQ23pH8SWeR3EFmF36jicAVZ4GI>

Follow along to the superhero workout video. Pretend you are your favourite superhero.

Remember: keep learning and stay healthy.

We always love hearing how you are doing. Send us some videos or pictures or just email us and tell us if you are liking the activities.

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