

Welcome to another exciting week of activities and games. We have 2 great physical and health education activities.

Learn About Canada's Food Guide, then Get Active!

Information for students

- Last January (2019), after *A LOT* of discussion and anticipation, Canada released a new Food Guide. What do you know about the new food guide? What were the big differences in the new guide from the one that was in place before? Discuss with a family member.
- Watch the following videos:
 - a) Video (40 sec): [The Eat Well Plate - Breakfast](#)
 - b) Video (30 sec): [The Eat Well Plate – Healthy Snacks](#)
- The 'Half Your Plate' suggestion encourages everyone to eat more fruits and vegetables. Do you eat fruit at breakfast? Do your snacks include vegetables? Look through the [Recipes section on the food guide website](#) and find a new idea for a snack that you would like to try preparing for yourself. If you need ingredients, write them on the grocery list!
- Healthy Eating and the Environment.
 - Start on the [main homepage of the food guide](#). On the left toolbar, click "tips". Under the first heading called *Meal planning, cooking and healthy choices*, scroll to find the box called *Healthy eating and the environment*. What are two things you can do to make environmentally friendly food choices? Discuss with a family member.

Now Get Active!

- What is agility? What does it mean to have good agility? Watch the following video to review what agility means:
 - Video (1 min 9 seconds): [Agility](#)
- Use sidewalk chalk or masking tape on the floor to create an agility ladder at home, either inside or outside. Review different agility ladder patterns (link below). Can you do them all? Try them slowly then increase your speed. You might have to spend some time practicing!
 - [Click here to explore six different agility ladder patterns.](#)

Materials required

- access to watch video
- chalk or masking tape (or other household items to create an agility ladder).

Information for parents

Through the activity...

Your child will :

- learn about Canada's new food guide;
- explore different agility ladder movement patterns.











You can :

- support your child's learning through discussion and questioning;
- do the activities, or part of the activities, with your child.

AWESOME BINGO GAME see below

Wellness Bingo Chart

- Goal: try and get five across or five in diagonal. Throughout the week cross off each thing that you have completed. Once you have successfully achieved five across or diagonal you win the game! Bonus: try and fill the entire card.

B	I	N	G	O
<p>5 tuck jumps</p> 	<p>Choose a healthy snack (e.g. carrots and dip)</p> 	<p>Perform 3 yoga poses of your choice from last week's routine Link below</p>	<p>5 minutes' worth of stretching (your choice)</p> 	<p>Names 4 benefits of regular physical activity (E.g. relaxation, new friends)</p>
<p>10 toe touches</p> 	<p>Find 4 ways to be physically active within your day (e.g. going up and down stairs)</p>	<p>Research two sports that you are not familiar with (e.g. biathlon, football)</p>	<p>Crab Crawl for 20 seconds around the room <i>Crab Walk</i></p> 	<p>Read 5 nutrition labels of food</p> 
<p>Eat a red fruit or vegetable</p> 	<p>Measures heart rate after 20 minutes of physical activity on wrist (radial artery) Count 15 seconds x 4) see chart below</p>	<p>FREE</p>	<p>Just Dance Video See links below</p> 	<p>Go for a 10 minute walk around the house or outside</p>
<p>10-11 hours of sleep</p>	<p>20 jumping jacks</p>	<p>Clean my bedroom</p> 	<p>Random Act of Kindness</p>	<p>Turn off your television and read a book.</p>
<p>Movement sentence Create a movement sequence of 30 seconds to your favourite song.</p>	<p>Stay hydrated with water</p> 	<p>Wash my hands</p>	<p>Every 30 minutes of screen time=10 burpees</p>	<p>Run between 2 walls 10 times</p>

Yoga Link

<https://www.youtube.com/watch?v=fOL8yLWEFts>

Just Dance video links:

Can't stop the feeling <https://www.youtube.com/watch?v=tcpBm571we4>

Hand Clap <https://www.youtube.com/watch?v=fF2cgMwyBRo>

Y.M.C.A. <https://www.youtube.com/watch?v=YCDCwuGcEmA>

Into the Unknown <https://www.youtube.com/watch?v=o6itxPa2-gs&list=TLPQMTYwNDIwMjBS1UQRzcv1aw&index=3>

Heart Rate

- To check your pulse use your index and middle finger and count to 15 multiply it by 4
- Here is a video featuring Mr. M that explains how to take your pulse.
https://drive.google.com/file/d/1BaiHfTfOHp9rXbc2bCCMEDkycGqg9K_R/view?usp=sharing
- The numbers presented in the chart below are the averages of the heart rate zones for ages 9-12. Your heart rate can vary outside of these numbers.

HEART RATE ZONE						
220-Age= Maximum Heart Rate						
Age	Time	Resting % of Max Heart Rate 40%-50%	Light % of Max Heart Rate 50%-60%	Moderate % of Max Heart Rate 60%-70%	Vigorous % of Max Heart Rate 70%-80%	Difficult % of Max Heart Rate 80%-90%
9	60 seconds	84-106	106-127	127-148	148-169	169-190
10	60 seconds	84-105	105-126	126-147	147-168	168-189
11	60 seconds	84-104	104-125	125-146	146-167	167-188
12	60 seconds	83-103	103-124	124-145	145-166	166-187

Keep being fit and keep learning...feel free to write us and tell us how it went! We'd LOVE to hear from you because we aremissing you

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References:

Images:

Bed: <https://clipartix.com/bed-clipart-image-3298/>

Water bottle: <http://media.istockphoto.com/vectors/bottle-of-water-vector-id459984949?k=6&m=459984949&s=170667a&w=0&h=dWTUPg2qAYTqxSOLFBITUkxT0xlk5W4aj43oLky4i9g=>

Dance: <http://freeclipartstore.com/CA%20Ballroom%20024.gif>

Strawberry: http://3.bp.blogspot.com/-KncMq_ZF_xc/T6qTLg9S_1l/AAAAAAAAAEsA/FWujjHOPsVE/s1600/fresh_strawberry_0515-1006-1802-5147_SMU.jpg

Nutrition Label: <https://media.istockphoto.com/vectors/avocado-tomato-carrot-healthy-food-nutrition-facts-label-benefits-vector-id926047342?k=6&m=926047342&s=612x612&w=0&h=4kju231eSLBP6C3HxeLH8622R0bLwC2LHRni2116jE=>

Crab walk: <http://www.wonderwardrobes.com/wp-content/uploads/2015/10/crab-walk-e1444804061544.jpg>

Toe touches: <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/images/medium/Exercise4>

Stretching: <https://media.istockphoto.com/vectors/caucasian-girl-doing-stretching-warm-up-exercise-vector-id902743360?k=6&m=902743360&s=612x612&w=0&h=YSJQwPSD0gxGuy7-IFa4BzqLUuZkEZLUwx-1UijwozM=>

Healthy snack: <http://nutritiouslife.com/wp-content/uploads/2015/07/healthy-snack-ideas.jpg>

Tuck jump: http://dawnastone.com/wp-content/uploads/2014/01/Tuck-Jumps_labeled-copy.jpg