

Grade 6

April 13, 2020

Hi there and welcome to week two of distance learning. This week there is a relaxation video which includes an active yoga video, that can be done two to three times a week, at home, after exercise, as a brain break. It can be done in the morning or before you go to bed. It is a great way to relax and stretch during this period that you are at home. Also included in the package are two health activities and a fun coin toss workout, that can be done individually or with friends and family.

## Active Yoga

Introducing a beginner's yoga video, which is a 15-minute session.

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

### Materials required

- Floor space
- Device to play video
- Optional: yoga mat

## Defining the word “sedentary”

### Information for students

- Watch the video [Applying Physical & Health Literacy](#).
- Define sedentary in your own words. Ask an older member of your family what they think of your definition.
- Do you think your lifestyle is sedentary?

### Materials required

- The video [Applying Physical & Health Literacy \(please watch only the first minute and 10 seconds\)](#)

### Information for parents

This activity allows students to define the word “sedentary” and identify whether or not their personal lifestyle is sedentary.

### Activity details

In this activity, children will practice:

- be able to define “sedentary” in their own words
- identify whether or not they think their personal lifestyle is sedentary

Parents could :

- Ask their children questions, provide examples of behaviour associated with the regular practice of physical activities and with time spent looking at a screen

# Make a plan, get moving, then take a moment to reflect

## Information for students

- Plan the physical activities you will carry out this week.
- Carry out the physical activities you planned.
- What was the intensity level of the physical activities you carried out? Was the intensity of a specific activity particularly low, high or moderate?

## Materials required

- Depending on the activity.<sup>[1]</sup>

## Information for parents

### Activity details

In the context of the current pandemic, the physical and social environment in which physical activities or active play are carried out must comply with the most recent guidelines issued by the Direction de la santé publique or by any other relevant authority.

This activity allows children to carefully plan their physical activities and think about the planning process at the end.

In this activity, children will practice:

- plan the physical activities they will carry out during the week
- carry out the physical activities they planned
- be curious about the intensity of the physical activities

Parents could:

carry out the activities with their children, or alternate between supervision and independent play, depending on the activity

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<sup>[1]</sup> Based on the materials available at home.



# Toss a Coin Workout



## Instructions for students

- Guess one side of the coin heads or tails.
- Toss a coin and see what side it lands on.
- If the coin lands on the side you guessed, 1 point is awarded, plank for 20 seconds.
- If you guess wrong, 0 points are awarded and perform the first round of exercises on the chart below.
- The coin workout can be done in a group or individually

See video attachment on how to do the exercises. Don't forget to drink some water and to be careful. <https://drive.google.com/file/d/1F7zgbKooksd1Q1kHMxCyXbxW8N4bGcul/view>

## Materials required

- A coin for tossing
- The Toss a Coin Workout Chart below
- A timer, if available (otherwise you can count the seconds out loud)

	<b>Right Guess- 1 point do this:</b>	<b>Wrong Guess- 0 points do this:</b>
<b>1st toss</b>	20 second plank	Jog in place for 1 minute
<b>2nd toss</b>	20 second plank	15 sit ups
<b>3rd toss</b>	20 second plank	20 squats
<b>4th toss</b>	20 second plank	10 push ups
<b>5th toss</b>	20 second plank	30 jumping jacks
<b>6th toss</b>	20 second plank	10 Alternate lunges 5 on each side
<b>7th toss</b>	20 second plank	15 butterfly kicks
<b>8th toss</b>	20 second plank	Jog in place for 1 minute

## Information for parents

- Your child will need a clear space to do these exercises.
- Read the instructions and explain the activity to your child, if necessary. For example, show your child which side of the coin is "heads" and which side "tails."
- Please remind your child to take breaks in between the exercises if they feel tired.

## CHALLENGE:

Do the Toss a Coin Workout three times this week!

YOU CAN DO IT! 😊

Coin images taken from: [https://www.coincommunity.com/forum/uploaded/ChildOfTheWheat/20151230\\_220px-Quarter\\_Obverse\\_2010.png](https://www.coincommunity.com/forum/uploaded/ChildOfTheWheat/20151230_220px-Quarter_Obverse_2010.png)

Keep active and keep learning. Email and let us know if you are liking the activities and let us know activities you would like to do.

Missing you guys,

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