**Physical Education and Mental Well-Being Activities**

Week 4: Tuesday April 27th to Friday May 1st

Below are the activities/challenge you may choose to incorporate into your schedule this week to stay fit! Remember to stay active and wash your hands!!

* Mr. Walsh

**Week 4 Challenge:** Thank you to Mr. Watters for his recommended game last week. Now, here is this weeks challenge. Due to the recent events we have had some time to spend at home and I am sure you have made some games up while passing the time. So this week, along with the activity chart below, I would like you to: Create a game using any 3-5 pieces of equipment that you can find at home. You must have a name and rules for your game. Please write out the rules of the game and list equipment needed. Next, record yourself explaining the game and if possible, play the game with someone at home. The finished product can be sent to me by email: [chris.walsh@nbed.nb.ca](mailto:chris.walsh@nbed.nb.ca) Good luck and have fun!

**Week 4 Activities: ACTIVE HOME PHYSICAL EDUCATION: Fitness Knowledge**

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| **5 Day Rotation** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| “I can” Goals | I can keep an active lifestyle while staying at home from school. | I can develop my personal fitness by staying active for 60 minutes each day. | I can develop my cardiorespiratory endurance at home. | I can develop my muscular strength at home to improve overall fitness. | I can flex and extend my muscles to improve my overall fitness. |
| Academic  Language  for Today | **ACTIVE LIFESTYLE**  A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines. | **FITNESS**  The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living. | **CARDIORESPIRATORY ENDURANCE**  The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise. | **MUSCULAR STRENGTH**  The maximum amount of force a muscle can produce in a single effort. | **DYNAMIC STRETCHING**  An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles. |
| Warm-up | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September Dance](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) |
| Home Activity | [Fitness Knowledge](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0)  Today you’re going to complete a series of 1-Minute Fitness Challenges.  [1 Minute Fitness Challenges Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0) | [Health-Related Fitness](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03G-FitKnow-HealthRelatedFitnessChallengeCard.pdf?dl=0)  Today we’re going to complete a series of Health-Related Fitness Challenges.  [Health Related Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03G-FitKnow-HealthRelatedFitnessChallengeCard.pdf?dl=0) | [Skill Related Fitness](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03H-FitKnow-SkillRelatedFitnessChallengeCard.pdf?dl=0)  Today we’re going to complete a series of Skill-Related Fitness Challenges.  [Skill Related Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03H-FitKnow-SkillRelatedFitnessChallengeCard.pdf?dl=0) | [Invisible Dumbbells](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03D-FitKnow-InvisibleDumbbellChallengeCard.pdf?dl=0)  Today we’re going to complete a series of Invisible Dumbbell Challenges.  [Invisible Dumbbell Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03D-FitKnow-InvisibleDumbbellChallengeCard.pdf?dl=0) | [Fitness Knowledge](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0)  Today you’re going to complete a series of 1-Minute Fitness Challenges.  [1 Minute Fitness Challenges Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0) |
| Daily Fitness Activity | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| Mindfulness | Choose 3 poses to perform. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) | Sun Salutation #1 Perform with family following the peer coaching cards.  [Sun Salutation #1](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) | Sun Salutation #2 Perform with family following the peer coaching cards.  [Sun Salutation #2](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Choose three poses to perform with family. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) |