


## Phys. Ed. Menu

 Try and choose one activity per day until all items on the menu have been completed.

 All basic movement skills can be reviewed by going to the following link.

<https://www.winnipegssd.ca/schools/GeorgeV/AthleticsAndExtra-Curricular/Pages/GymOpening2012.aspx>

Review the hopping skill using the above link. How many hops does it take you to go across your living room?	Surprise a family member in your home by doing something nice for them to show how much you appreciate them.	Take 20 minutes to do some stretching either alone or with a family member. Focus on larger muscle groups.	Review the bouncing skill using the above link. How many items at home can you bounce?	Play your favourite songs and have a dance party for 20 minutes with your family.
Mindfulness: Pretend you are in a jungle. Use your senses to imagine what it would sound, look, feel like etc.	Review static balance using the above link. Which family member can balance the longest?	Create a new game that uses one or more of the skills in the link above.	Review the galloping skill using the link above. Play a tag game with only galloping allowed.	Eat a healthy snack that is a fruit.
Go for a walk outside with your family and count how many animals you can see.	Play a game of balloon ball. How many hits can you and your family keep the balloon up for?	Review the catching and throwing skills using the above link. Play catch outside with a family member.	Eat a snack that is considered a treat that your parents approve of first.	Wash your hands regularly and create a song that your family can sing together while washing hands.
Help prepare a healthy meal with your family that everyone enjoys eating.	Mindfulness: Pretend you are on a sailboat. Use your senses to imagine what it would sound, look, feel like etc.	Watch a movie or a show that is related to physical activity or sports.	Eat a healthy snack that is a vegetable.	Review the skill of kicking using the above link. Play a game of soccer for 20 minutes with your family.
Make a list of your top three outdoor activities to do and why? You can add a picture for each one.	Mindfulness: If you were sitting in the middle of a theme park, what would you see, feel, hear etc.	Review the rolling skill using the above link. Set up a game of pop bottle bowling in your house to play for 20 min.	Writing activity: If you could be a professional sports athlete, which sport would you play and why?	Review the skipping skill using the above link. Play a game of frozen tag with only skipping.

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