**Mr. Paul Mackinnon’s K-2 Physical Education Classes**

**Activities for Today: Monday, December 13th, 2021**

Well, here we are again, back at home! It looks like it is going to be a decent day outside today. So, it is a great day to head outdoors for a little heart rate work out!

**Activity 1:** Today the work out will be a Walk/Jog/Turbo/Jumping Jacks exercise routine between 2 points/markers, a fair distance apart (30 Meters or so) in your yard or available play space. I am assuming you will be accompanied by a caregiver for this one. They can help you figure out a fair distance.

**Instructions:** Leaving from the 1st marker, **walk** to the 2nd marker to warm up.

**Jog** back to the 1st marker, turn around and **“Turbo” sprint/run** back to the 2nd marker. Once you are there do 10 Jumping Jacks.

**Walk** back to the 1st marker, to help recover your breath.

Now turn back around a **repeat the same pattern**: Walk, Job, Turbo Run + 10 Jumping Jacks and Walk Back recovery. **Do this 4 times total**. Enjoy getting your heart rate up!

You obviously do not need a partner for this one, however, it would be a way more fun to complete the challenge with a friend or sibling.

*FYI: Markers (could be anything ie. the wood pile, particular tree, the shed, a stick you position) and simply do the activity in an available open space.*

**The goal here is to moderate the intensity level to increase and decrease heart rate, while building endurance.**

**Activity 2**: **“Have a catch with Wally”:** Have a simple game of self-catch (inside or outside) with a soft textured ball, or some balled up socks. {Review the tips for tossing underhand and catching with your child previously.}

**Instructions:** Start by facing the wall. Underhand toss your ball to that it rebounds upwards on its way back to you. After 10 successful catches, try adding a step backwards (throw with a greater force) and incorporate a clap or two prior to catching.

Enjoy your day!

-Mr. Mackinnon