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

**Activities for Today: Tuesday, November 23rd, 2021**

Well, here we are again, still at home! It looks like it is going to be a decent, but chillier day outside today. So, bundle up in layers (as this activity may require you to remove a layer! It is a great day to head outdoors for a little taste of winter fun and throwing practice!

**Activity 1: Do you want to build a little snow man?** Today the throwing practice work will be a in your yard or available play space that was blessed with the dusting of snow last night. I am assuming you will be accompanied by a caregiver for this one. They can help you figure out a good spot to build a mini-snowman, which will serve as your throwing target for activity two.

**Instructions:** Get bundled up for the outdoors, including some mittens as you are going to need them.

Build a tiny snowman. Try to get the bottom/base ball at least the size of an orange. Stack the 2 other balls on top. See what natural materials you can find around the yard, twigs, leaf stems, acorn caps, etc. you can find to decorate the little guy!

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. Have them build their own snow man and perhaps you can take turns targeting each other’s creations!

**Activity 2**: **Destroy your creation!** Time to practice some underhand tosses with a small ball, rock or something toss able that will fit nicely in the palm of your hand. {Review the tips for tossing underhand and catching with your child previously published during the strike time at home.}

**Instructions:** Start off about 10 feet/ 2 meters back from your snow man. Take shots using your underhand technique. Make sure to step forward with that opposite foot and follow through with fingers extended toward your mini-snowman. Have fun reducing your creation to rubble!

Enjoy your day!

-Mr. Mackinnon