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

Activities for Today: Tuesday, November 2, 2021

I hope you are not eating to many treats while stuck at home with your Trick or Treating loot!

1. It looks like it is going to be another beautiful day outside today. It is a great day to head outdoors for a little game I developed at the beginning of the pandemic called “Hampered In”, another exercise to try today is further practice with “catching and throwing”. You will need a partner for this one. Take the opportunity to be both the thrower and the catcher for this game! I dare you to playing this without giggling… Impossible it is too much fun!

Use the link below to learn how to play and to see the game in action. (No need to toss from above!) <https://www.youtube.com/watch?v=zqYlITWpnHc>

All you need: Several pairs of balled up socks (to ensure no damage to wall surfaces)

An open space (free from tripping hazards), A partner to play with.

A hamper, garbage can, milk crate, box, **or** a decent sized sturdy gift bag but it does increase the fun factor!)

“Hampered In” is great for developing footwork, hand-eye coordination, the ability to cushion an object being received and for sending techniques.

{Remember your cues for underhand tossing: Toes and eyes point to target, object in palm, swing smoothly back, as your arm passes body on forward pass-take step forward with opposite foot, release object with finger extending toward target.}

Remember these tips for catching an object: Have your feet separated in the ready position with knees slightly bent. Keep your eyes on the ball. Have your hands ready to receive it to your body or basket. Do not to rush your hands or your basket toward the ball because it will often deflect away from you or bounce out! Cradle or cushion the ball as it comes in.

1. If you did not attempt the scavenger hunt posted yesterday; give it a try today!

Some additional items to look for: Multicolored leaves, some that contain more than one color and separate-colored leaves to create a collage.

1. Speaking off leaves… what a great opportunity to rake up some leaves for a neighbor or in your own yard. Before you bag them, it is best to have a little fun jumping into them. However, it is best to check with a parent or guardian before embarking on this ‘neighborly task’. They may also be able to help or at the very least, set you up with a rake. Have fun experiencing one of the best parts of the Fall season for kids!

Have fun with this. Hope to see you back at school soon!

-Mr. Mackinnon