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

Activities for Today: Wednesday, November 3, 2021

I hope you are doing well and taking advantage of these beautiful days to get outside!

It looks like it is going to be another beautiful day outside today. It is a great day to head outdoors for another little game I developed at the beginning of the pandemic. It is called “Rock N’ Roll Wood Chuck”, which is basically setting up an ‘obstacle course’ with items you have on hand and contours like hills around your property or play space. It can be another way to incorporate further practice with “tossing/throwing” and some balancing, jumping, and rolling. You do not need a partner for this one, however, it would be a way more fun to build it and test it with a friend or sibling. Have fun and get creative!

Use the link below to get a little inspiration to use create your obstacle course in your own play space:

<https://www.youtube.com/watch?v=_uuA3T44054>

All you need: Your imagination

Some cool items to use in your creation ie. chalk

An open space (perhaps with some natural features ie. hills, rocks)

A Name for your creation!

Building and playing on an obstacle course like “Rock ‘N Roll Wood Chuck” is great for developing footwork, hand-eye coordination and various movements.

Hint: {If you did rake up a leaf pile yesterday and still have it ‘unbagged”, it might be nice to work in some leaf jumping!}

Have fun creating your course! Perhaps someone can shoot a video of you using it. Look forward to hearing about your creation.

-Mr. Mackinnon