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

**Activities for Today: Thursday, November 4th, 2021**

Well, here we are again, still at home! I certainly hope you have been taking advantage of these beautiful days to get outside. Today it was -6 when I got up! Brrrr!

It looks like it is going to be another beautiful, 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 another little adventure walk around the neighborhood with a twist…

**Activity 1:** Today the adventure will be a Walk/Jog/Turbo/Jumping Jacks exercise tour of the neighborhood. I am assuming you will be accompanied by a caregiver for this one. Most of you will be using the sidewalk around your neighborhood that are usually lined with telephone poles set evenly apart along the street. The poles can be used as markers for the 4 phases (Walk/Jog/Turbo/Jumping Jacks).

**Instructions:** Walk to the 1st Pole, wait for your caregiver to reach that pole, high 5 them

Jog to the 2nd Pole, high 5 the Pole, turn around and Jog back to your caregiver for another high 5 and walk with them back to the 2nd Pole

Turbo (Run) to the 3rd Pole, high 5 the Pole, turn around and Turbo back to your caregiver for another high 5 and then walk the rest of the way back to that 3rd Pole. Do 5 solid Jumping Jacks once the pole is reached.

Continue the pattern… walking to the 4th Pole, Jogging to the 5th, and Turbo to the 6th + Jumping Jacks and don’t forget your high 5s for the Poles and Caregiver! You 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.

Can you get to 9 Poles? Or more than 12? Good luck with this little fitness push. It will seem easy at the start but keep pushing yourself!

Consider this: *If you do not live in an area where such a neighborhood walk can be done safely, you could set up 3 evenly spaced 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 simple game of catch (inside or outside) with a soft ball or some balled up socks. {Review the tips for tossing underhand and catching with your child placed earlier in the week.}

**Instructions:** Start face to face 2 steps apart. Catch 5 in a row each, take a step back from each other. Drop one? Restart the count. Get 5 more clean catches? Take another step back. Continue until the distance is not workable!

Enjoy your day!

-Mr. Mackinnon