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

Activities for Today: Tuesday, November 8th, 2021

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

It looks like it is going to be another beautiful day outside today! Imagine that another great day to head outdoors! It certainly has been quite a run so far during this home learning stint!

Going to change it up a bit today. I am suggesting you get out for a walk in either a different route than you might normally take or preferably, on a trail or woods road near your home. With this good weather things have dried up a bit, making a walk in the woods more ideal. However, it is deer season so if you are out in the ‘country’ it may not be possible without wearing some hunters orange!

All you need: A caregiver willing to accompany you on your walk

 Sneakers/sturdy boots

 Possibly some bright orange clothing/hat!

A walk in the woods is beneficial in so many ways. At this time of year, it can be very refreshing on many levels! You may even see some wildlife as there is less cover and is an active time of year for the animals preparing for what is coming! Get outside and enjoy the day!

-Mr. Mackinnon