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

**Activities for Today: Thursday, November 4th, 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 heart rate work out!

**Activity 1:** Today the work out will be a Walk/Jog/Turbo/Caterpillar Push up exercise routine between 2 points/markers, a fair distance apart (30 Meters or so) in your yard or available play space. I am assuming you will be accompanied by a caregiver for this one. They can help you figure out a fair distance.

**Instructions:** Leaving from the 1st marker, **walk** to the 2nd marker to warm up.

**Jog** back to the 1st marker, turn around and **“Turbo” sprint/run** back to the 2nd marker. Once you are there do 3 caterpillar push-ups. **{Caterpillar Push-Up explained below!}**

**Walk** back to the 1st marker, to help recover your breath.

Now turn back around a **repeat the same pattern**: Walk, Job, Turbo Run +Caterpillar Push-ups and Walk Back recovery. **Do this 4 times total**. Enjoy getting your heart rate up!

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.

**Caterpillar Push-ups**: Standing tall, reach for the sky with legs straight. Bend over and reach down toward your toes, plant your hands flat on the ground (or make fists with knuckles down). In this bent over position, begin to walk your feet back one at a time until you are in a push up position. Your back should be flat. Do one push-up. Walk your feet back toward your hands until you are back in the ‘hands on ground bent over position’. Stand tall and reach for the sky! Repeat the same pattern.

*FYI: 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**: **“Moose” (Max Aitken Mascot)** Have a simple game of catch (inside or outside) with a soft textured ball, or some balled up socks. {Review the tips for tossing underhand and catching with your child previously.}

**Instructions:** Start face to face 5-10 steps apart. Start playing catch with ‘fair passes’ directed at the chest of the catcher. Each time a ball is dropped/missed, the person who missed receives a letter in the word: MOOSE. The first one to get all 5 letters has to do 20 Jumping Jacks!

Enjoy your day!

-Mr. Mackinnon