





## Home Learning November 2-5th

	Tuesday Nov 2	Wednesday Nov 3	Thursday Nov 4	Friday Nov 5
Work-out/warm-up	<p>Click on the spiderman image below for your workout:</p> 	<p>Warmup with the Avengers, click the image:</p> 	<p>Warmup with a Jedi warrior, click on yoda:</p> 	<p>Wonder Woman warm up, click on Wonder Woman:</p> 
Skills and strategies	<p><a href="#"><u>Catch to Capture game</u></a></p>	<p><a href="#"><u>Make It, Take It</u></a></p>	<p><a href="#"><u>Cup and Paper Challenge</u></a></p>	<p><a href="#"><u>Knock Down</u></a></p>

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	Tues. Nov. 2	Wed. Nov. 3	Thurs. Nov. 4	Fri. Nov. 5
Well Being	Show a family member where your heart is. Do 20 jumping jacks and feel your heartbeat. Tell about the difference. (k-2)	Discuss with a parent or sibling how you can feel a slow heartrate/breathing and a fast heartrate/breathing.	Can you find your heart rate in your chest, neck or wrist?	Tell and show an adult the difference between a slow and fast pace when jogging on the spot, doing jumping jacks, walking, and arm circles.