

## Home Learning November 8-12th

	Monday Nov 8	Tuesday Nov 9	Wednesday Nov 10	Friday Nov 12
Work-out/warm-up	Warmup, click the image: 	Warmup, click the image: 	Warmup, click the image: 	Warmup, click the image: 
Skills and strategies K-2	<p>Students in Kindergarten, grade 1 and 2 have learned several different tag games this fall (line tag, freeze tag, red light-green light) to teach the concept of strategies/tactics, and how to follow simple rules like staying inside the lines.</p> <p>Ask your child what some good strategies (plans) are for not getting tagged in a game of tag (stay away from the tagger, rest when you can, stay out of the corners so you don't get trapped, keep an eye on the tagger).</p> <p>Ask your child what they need to do to be a good tagger in a game of tag (try to trap people in corners or along the wall, make quick turns and changes in direction, don't focus on one person).</p> <p>Ask your child to teach you one of the tag games they learned this fall and if possible, play at home.</p> <p>Alternate activity: <a href="#">Down the line</a></p>			
Skills and strategies 3-5	<p>Students in grades 3, 4 and 5 have been learning about tactics that can be used in a variety of games and activities. This fall we have focused on tag games and the game of soccer to teach the following: shooting at a target, vary the direction and force of a shot, moving into open space receive a pass or to get away from a defender or tagger.</p> <p>Ask your child to teach you a tag game (line tag, freeze tag, red light-green light) and what it takes to be good at the game.</p> <p>Have you child set up a target to take shots on. Ask them to vary their distance from the target. Vary the force and direction of their shots. If your child does not have a ball to kick, they can do the same activities by throwing a ball at a target.</p> <p>Possible targets: lawn chairs, water bottles, a hockey net, or any two items they can easily set up.</p> <p>Alternate activity: <a href="#">Down the line</a></p>			

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	Mon. Nov. 8	Tues. Nov. 9	Wed. Nov. 10	Fri. Nov. 12
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.