

Hi Everyone,

How are your skipping routines progressing? Keep working on them. Skipping is an excellent exercise.

Are you spending lots of time outside? I saw that Mathew, Gr5, was out on his bike, great job, Mathew.

Did anyone make a target game for outside?

I posted a video last week from Mr. MacKinnon. Did anyone watch his video and climb a tree as he suggested?

This week I have posted an activity you can do with a deck of cards. If you do not have a deck of cards you could create your own. Look for DECK OF CARDS ACTIVITY, on the wellness page.

Also posted this week are some different GO NOODLE warm up activities.

I would like for you to work on different jumping jacks this week. There is a document posted that includes videos that demonstrate each kind of jumping jack. Can you create your own jumping jack routine?

Can you create an activity/game to be played outside with your family? If you can't think of one, play some Action Tag.

This is the last week of April so you have the last row of activities on the April calendar to work on. The Batman workout is one of my favorites. Do you have a favorite?

Remember, get outside as often as you can and share a picture of yourself being active if you want to. Always have permission from an adult before heading outside or sharing pictures/videos.

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