

# JWMFT Physical Education Choice Board

Hello everyone.

I hope this note finds you safe, settled and in good health. It has been great to chat and work with all of our students virtually. The smiles, banter and gleeful exclamations of “I did it!” or “Got it!” are a joy to hear. Attached you will find a Physical Education Choice Board. Through this medium I will provide supplemental activities and assignments to help us stay active and learn within our safe spaces. The Choice Boards will expand on the lessons of the week and will build upon the previous week’s activities. I am excited about adding this delivery model and somewhat intimidated by the learning curve. Nevertheless I look forward to the opportunity to connect in new ways. Students merely need to open the document and double-click on the hyperlinks. This will then direct them to a separate page or a YouTube video. Regrets on the advertisements. Please contact me via email if you are having any questions or issues with accessing the hyperlinks. You can reach me at: [ahuczel@gnspe.ca](mailto:ahuczel@gnspe.ca) or [achillesh@eastlink.ca](mailto:achillesh@eastlink.ca)

## **Assessment**

Assessment for Grades Primary to 3 will be based primarily on participation for this aspect of the Physical Education program. Assessment of achievement will stem from in-school experiences. Grade 4-6 students will follow a similar format with the additional expectation of completing some goal-setting assignments.

## **Choice Board Tips**

Let’s have our students set a goal to be active for at least 60 minutes per day. The Choice Board will provide some creative challenges to break up the day and provide a body break using household items when possible. These activities have been chosen with the intent that most students will be able to participate with minimal support but parents and caregivers are invited to join in as well. The activities typically run 4-20 minutes long. Most activities need space to move around and adult supervision is recommended for safety. Please include your son/daughter in identifying and mitigating hazards before beginning. This is part of the learning process. Adult support may be required to access the Choice Board the first time. Feel free to use all of the activities over the course of the day or to choose which activities work for your family. Outside play time is always highly recommended and preferred where possible.

I look forward to hearing from you and sharing your son/daughter’s accomplishments with our staff and administration.

**Be Safe. Be Active. Have Fun!!!** *Achilles H.*

## JWMFT Physical Education Choice Board Activities: Gr. 1-6 Plan 1

Mind & Motion	Technical	Fitness	Rhythm
<p><u>Warm-up Word of the day:</u> <b>C-H-A-L-L-E-N-G-E</b> <b>B-Y</b> <b>C-H-O-I-C-E</b></p> <p>*do one or all for a challenge*</p>	<p><u>Warm-up Word of the day:</u> <b>E-Y-E H-A-N-D</b> <b>C-O-O-R-D-I-N-A-T-I-O-N</b></p> <p>*do one or all for a challenge*</p>	<p><u>Warm-up Word of the day:</u> <b>S-P-A-D-E-S</b> <b>H-E-A-R-T-S</b> <b>D-I-A-M-O-N-D-S</b> <b>C-L-U-B-S</b></p> <p>*do one or all four for a challenge*</p>	<p><u>Warm-up Word of the day:</u> <b>Z-U-M-B-A</b></p>
<p>We grow through challenge, but the challenge must stretch our abilities a little each time.</p> <p><a href="#">MOJO - Growth Mindset</a> <a href="#">MOJO - The Magic of Mistakes</a></p> <p>Choose your challenge! <a href="#">P-1 Small Space Travelling Tricks</a> <a href="#">Family Fun Challenges</a> <a href="#">Brain Gym Challenge</a> <a href="#">Grocery Bag Challenges</a> <a href="#">Hand Tic Tac Toe</a> <a href="#">Flip Tac Toe</a> <a href="#">Flip Tac Toe Instructions</a></p> <p><a href="#">Cup Song Tutorial</a> <a href="#">Anna Kendrick - Cup Song</a></p> <p><a href="#">Soccer Ball Mastery 1</a> <a href="#">Soccer ball Juggling</a></p>	<p>Safety Tips: Clear space so you do not bump into anything.</p> <p><a href="#">Mr. Clarke's Kleenex Catch Challenge</a> <a href="#">Grocery Bag Challenge</a></p> <p>You can try these inside or outside - outside on grass preferred. Substitute grocery bags for juggling scarves. Oranges make good juggling balls.</p> <p>The challenges below require patience and perseverance. Master each step/challenge before moving on. Reflect on difficult challenges if you have not mastered them <u>yet</u>.</p> <p><a href="#">Scarf Juggling Basics</a> <a href="#">Beginner 3 Scarf Juggling</a> <a href="#">How to Juggle 3 Balls</a></p>	<p><a href="#">5 Components of Health Related Fitness</a></p> <p>Try this <a href="#">Deck of Cards</a> work-out! Using a deck of cards flip over one at a time and see what exercise you need to do. Links for each exercise are on the webpage.</p> <p><a href="#">Fit Tac Toe</a></p> <p><a href="#">20 Body Weight Exercises</a></p> <p><a href="#">AVENGERS HIIT Fitness Warm Up</a></p>	<p>There is a teacher I know - Ms. Hudson -Who loves ZUMBA! Check out a playlist she made with <a href="#">Zumba Dancing</a>. Here are some other versions for you to enjoy!</p> <p><a href="#">I like to move it!</a> <a href="#">Gangnam Style</a> <a href="#">Dance Monkey</a> <a href="#">Shake it off!</a> <a href="#">Gummy Bear</a></p> <p><a href="#">3-6 Old Town Road</a> <a href="#">3-6 Zumba Traketeo</a> <a href="#">3-6 Smooth Criminal</a></p> <p><a href="#">4-6 Jac Dance</a> <a href="#">4-6 Jac Dance Instructions</a></p>
<p><b>Questions for after:</b></p> <ul style="list-style-type: none"> <li>- Which challenges did you enjoy? Why?</li> <li>- Which challenges stretched your abilities? Can you break a challenge into small goals. How will you celebrate an achievement?</li> <li>- Create your own challenge?</li> </ul>	<p><b>Questions for after:</b></p> <ul style="list-style-type: none"> <li>- Which challenges were your faves? Why? Did you master them?</li> <li>- What is your next challenge?</li> <li>- Share how you celebrated your achievements?</li> </ul>	<p><b>Questions for after:</b></p> <ul style="list-style-type: none"> <li>- How do you make Muscular Endurance exercises improve Cardiovascular Fitness?</li> <li>- What did the other exercises work on? (hint the other components are: flexibility, muscular endurance, muscular strength and body composition)</li> </ul>	<p><b>Questions for after:</b></p> <ul style="list-style-type: none"> <li>- What was your favourite Zumba challenge?</li> <li>- Can you perform 3 dances in a row?</li> <li>- How do you feel after dancing? Why?</li> </ul>
<p>Family Scavenger Hunt: <a href="#">Nature Hunt</a> Family Game: <a href="#">Chutes and Ladders</a></p>			

