

Physical Education from Home

Suggested Activities for Grades 5/6

Compiled by Ms. Woloski and Grade 5/6 Students

Helping youth be active can be fun for the whole family. Here are some ways to offer encouragement:

- talk about physical activity as an important part of staying healthy
- be a role model by being active yourself
- teach them the skills they need to be active, like jumping rope, throwing and hitting a ball, kicking a ball, running, dancing

*****Please be sure that students are safe and supervised by an adult (indoors and out) while doing the following activities, and suggested online activities are monitored by an adult for content.*****

Activities:

Simon Says – Use lots of physical commands such as jumping on one foot, running on the spot, doing jumping jacks, curl ups, push ups, etc.

Play outside or go to the park

Go for a walk or run

Obstacle Course – Move tables and chairs around and set up a fun obstacle course.

Janitor (an Inkster classic) – everyone freezes like statues and one person (the janitor) looks for people moving. The statues hold balances and can only blink and breathe.

Fitness Contests – Have a push up contest with a family member. Choose other types of fitness such as curl ups, squats, etc.

YouTube – [Just Dance Family Friendly](#) – Follow along to your favourite dances

YouTube – [20 Online Kids](#) – Exercises to introduce fitness to kids. Workouts that are 20 minutes long.

YouTube – [MovetoLearn](#) – Let's move to learn. Wake up the body and you wake up the brain. When you move more, you can think more, and that means you can learn more.

Active video games such as Wii Fit or Ring Fit