

Please see the information and suggested lessons provided below for January 10**th** , 2022

I sincerely hope that you and your families find yourselves continuing to be active, as much as possible, but most importantly safe and in good health.

*Feel free to contact me:* cojah@lssd.ca school website: <http://mrojah.weebly.com/>

Please try the activities below any time during the week! Enjoy and have some fun!



ALL K-2 CLASSES:

Please complete our basic stretch routine ~ followed the basic fitness routine or any of the fitness routines found on the main page!

For a fun challenge try one of the “Beat the Teacher ~ Minute to Win It” video challenges found on the main page!

TODAY:

Today let’s review and work on some “ROLLING SKILLS” ~ (Like bowling!)



Again, use an empty “pop” bottle as a target. Set a designated starting line to stand behind and then place your target about 5 feet in front of you to start!

\*\*Use an “ROLLING MOTION” to try and hit your target. After 5 successful “hits” move your target back to approximately 10 feet ~ try to make 5 “hits” again ~ and finally ~ move your target back to approximately 15 feet ~ try to make another 5 “hits.”

\*Remember to stand facing your target, ball in the palm of your hand ~ beside your leg. Swing the ball back slightly ~ step with the opposite foot from the ball, bend the ball side knee slightly, and swing forward ~ use good follow through ~ hand pointing to your target!\*

\*\*Finish today by challenging a partner (Mom, Dad, Brother, or Sister) to see who can make the most “hits” in 3 minutes with your target set at 10 feet! If you are working alone ~ see how many “hits” you can make in 3 mins.

Good Luck and Have Fun! \*\*Remember to tryout the “Staying Active ~ Bingo Challenge” on the main page!



ALL GRADES 3-6 CLASSES:

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**Today’s focus:**

**Review: Overhand throwing // Catching – shooting skills**

**If possible:**

Using a small soft ball – or (Ball up a couple of pairs of socks) and make a ball.

Find a safe area in your house or outside.

Practice your – Catching skills along with your Overhand Throwing // Shooting – skills.

Create/make a net/target. Today use/make a crease line (painters tape works well)

About 10’ in front of your net/target.

Today, working on your own, TOSS the ball UP INTO THE AIR ABOVE YOU (5-10 feet into the air) CATCH the ball ~ IMMEDIATELY SHOOT the ball at the net/target ~ trying to score a goal.

\*\*Try to catch and shoot and score ~ 10 goals to the upper left corner.

Followed by:

10 goals to the upper right corner.

10 goals to the center/middle of the net.

10 goals to the lower left corner.

10 goals to the lower right corner.

If possible:

Work with Mom, Dad, brother or sister. Complete the “Casino Drill”

One person acts as the goalie and the other the shooter.

The shooter will take a total of 10 shots to the net.

The SHOOTER will make a bet on how many shots he/she will score.

The GOALIE will also make a bet on how many saves they will make out of 10.

The winner chooses an exercise penalty for the loser to do! (10 push-up/burpees/crunches etc.)

Do a total of 10 rotations!

Good luck ~ I can’t wait to hear who the winner was !

 Hey! Don’t forget to try out the “Staying Active ~ Bingo Challenge” on the main page!

