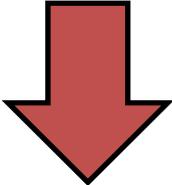
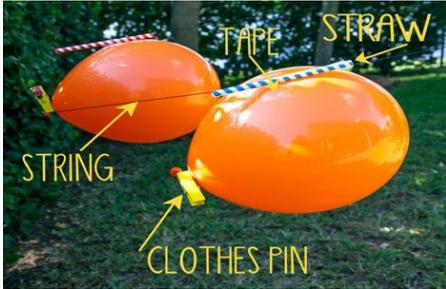
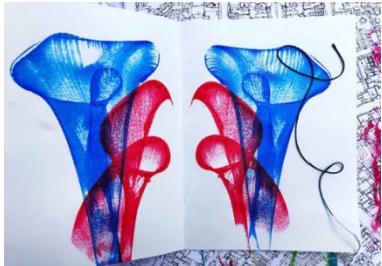




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Alphabet Fitness</p> <p><u>Materials:</u></p> <ol style="list-style-type: none"> 1. Alphabet Fitness Activity Sheet 2. Open Floor Space <p><u>Directions:</u></p> <p>Using the A-Z chart, your child can spell their name and do the corresponding exercises for each letter.</p> <p>You can make it a daily challenge and engage in this activity as a family by each spelling your own name or by spelling each family member's name. For example, your child's name on Monday, another child's name on Tuesday, parent's name on Wednesday, your pet's name on Thursday, etc.)</p> <p>More versions of the chart can be found if you search "Alphabet Fitness for Kids" on the internet or you can create your own chart for your family to use.</p> <p>We have attached two samples...see the next page.</p> 	<p align="center">Balloon Rocket Race</p> <p><u>Materials:</u></p> <ol style="list-style-type: none"> 1. Balloons 2. Straws 3. String or yarn 4. Tape 5. Clothes pin (optional) <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Tie one end of the string to a chair, doorknob or other support. 2. Put the other end of the string through a straw. 3. Pull the string tight before attaching it to a chair or another support. 4. Inflate your balloon (but don't tie it) and tape your balloon to the straw. 5. Let go and watch your balloon fly! 	<p align="center">Popsicle Stick Catapult</p> <p><u>Materials:</u></p> <ol style="list-style-type: none"> 1. Popsicle sticks 2. Rubber bands 3. Plastic spoon 4. Styrofoam ball or pom poms <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Stack 7 popsicle sticks and use rubber bands to tie them together on both ends. 2. Make another stack with 2 popsicle sticks using a rubber band to tie them together on one end only. 3. Pull the 2 popsicle sticks apart and wedge the stack of 7 popsicle sticks between them. 4. Using 2 rubber bands, secure the plastic spoon to the upper popsicle stick. 5. Place a ball or pom poms on the spoon. Hold the catapult with one hand and use your other hand to pull the spoon down and release to see how far the ball or pom poms can fly. 	<p align="center">Water Absorption Experiment</p> <p><u>Materials:</u></p> <ol style="list-style-type: none"> 1. Cabbage leaves (or flowers) 2. 3 to 4 different food colours 3. 3 to 4 clear jars or glass containers 4. Water <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Fill each container halfway with water. 2. Add a few drops of food colouring in each container and stir. 3. Place one cabbage leaf (or flower) in each container and let it sit. <p>While observing the plant, ask your child what their hypothesis is. Will the plants change colour? If so, how long will it take for it to happen?</p> <p>You can extend this activity by discussing if there are plants that can change colours naturally, and is the process the same with this experiment?</p> 	<p align="center">Pulled String Art</p> <p><u>Materials:</u></p> <ol style="list-style-type: none"> 1. Pieces of string or yarn 2. Bowl of paint 3. Paper <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Fold your paper in half. 2. Dip your string in the bowl of paint and make sure it is fully coated. 3. Lift the string out of the paint and run your thumb and finger along the length of the string to remove any excess paint. 4. Arrange the string on one side of your paper. Be sure to leave a small a bit of the string sticking out at the edge of the paper. 5. Fold over the other half of the paper. Put a book on top of the paper as heavy weight. Then, pull the string out. 



Activities for School Age Children

May 4-8 2020

Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

extreme workout what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- | | |
|--------------------------------|---------------------------------|
| A 200 jumping jacks | N 10 minute jump rope |
| B 50 push-ups | O 100 russian twists |
| C 25 burpees | P 50 plie squats |
| D 200 high knees | Q 100 arm circles |
| E 50 crunches | R 100 skaters |
| F 100 mountain climbers | S 10 minute jog in place |
| G 50 squats | T 200 butt kickers |
| H 100 front lunges | U 50 inchworms |
| I 100 side lunges | V 50 tricep dips |
| J 100 second wall sit | W 50 star jumps |
| K 50 calf raises | X 50 bird dogs |
| L 5 minute plank | Y 100 leg raises |
| M 50 squat jumps | Z 50 squat jacks |