Mr. Sturgeon’s K-2 Physical Education Classes

Activities for Today: Monday, November 1, 2021

Hope you had some fun Trick or Treating!

1. It looks like it is going to be a nice day outside today. It is a great day to head outdoor for an “exploration walk”, either with your caregiver or at least with their permission!

While out there today see if you can find the following items as a neighborhood scavenger hunt:

A heart shaped rock A feather

An oak leaf A maple leaf

A stick shaped like a “7” A white rock

A bird’s nest A pinecone

A cocoon A spiderweb

Can you find them all?

1. Another exercise to try today is further practice with “catching and throwing”. Not all of you would have a sibling are someone available to toss and catch with, so let’s try some self-tossing and catching today! Note: This activity could also be done outside against the side of your home or apartment building.

All you need: a pair of balled up socks (to ensure no damage to wall surfaces)

a clear wall space (without hanging pictures, shelves or windows)

To Toss: Stand 2 or 3 steps back from the wall. Toss your ball/socks rolled up together underhand (palm facing up) so that your ball rebounds upwards making it easier to catch! To achieve this: have both feet pointing at the wall. As you deliver the ball with your throwing hand in a smooth ark from back to front. As your hand passes your body on its way to the front, take a small step forward with your opposite foot. Release the ball with your finger pointing at your intended target spot.

To catch: have your feet separated in the ready position with knees slightly bent. Keep your eyes on the ball. Have your hands ready to receive it to your body. Try not to rush your hands toward the ball because it will often deflect away from you! Cradle the ball as it comes in.

Repeat this toss and catch technique. Set a goal for yourself. Perhaps 10 catches in a row. Once achieved step back further and increase difficulty. Perhaps add some claps in between the toss and the catch.

Have fun with this. Hope to see you back at school soon!

-Mr. Mackinnon