

Week 5 April 20th-24th

Monday	<p><u>Skill #1- Track and Field- Hurdles-</u></p> <p>-You can use anything to jump over. To practice set the objects up with space in between. Start at one end and run and jump over each one without touching it. Go back to where you started and try it again!</p> <p>Ideas for practice:</p> <p>-You can use a timer and see how fast you can run over the hurdles each turn!</p> <p>-You could also do relays with your hurdles or if you have two sets you could have a race!</p>
Tuesday	<p>Scarf toss and catch see attached page for activity- You can use anything for this such as a sock, shirt or any scarf you have!</p>
Wednesday	<p>Work on an activity or two from your BINGO #2 Card</p>
Thursday	<p>Create an obstacle course! Use things in your house or yard to make an obstacle course where you can go <i>under, around, through and over</i> things! Make sure to be safe and check with your parents before you use household items.</p>
Friday	<p>Free Choice Friday! Write what you chose to do on your log!</p>