



Physical Education Calendar - Week 7



Kindergarten – Grade 5

Create a Game Week

This week you are being asked to create a game of your choosing. It could be a game that is already known, such as Hopscotch but with your own twist on it.

You need to consider a few things before you get started:

1. What is the name of your game?
2. How many players are needed to play the game?
3. What equipment will you require for this game? (Use objects that you have at home)
4. What is the object or goal of the game?
5. What are the rules for this game?
6. Where do you play this game?

Once you have determined these things create your game. There is a template in this weeks package if you would like to write down the information for your game. Please take pictures or a video of the game once you have created it or of you playing it.

Here are a few ideas that might help you to get started:

Hopscotch

Miniature Golf Course

Obstacle Course

Scavenger Hunt

Snakes and Ladders

Checkers

Croquet

Tag Game

Throwing Game

Catching Game

Striking Game (Hockey, Badminton, etc.)

Design your own movement path. What different ways can you move your body. Use sidewalk chalk, sticks, tape, etc.

In this weeks package I am also including a variety of outdoor games and activities that you can try out as well. (See the Outdoor Games Document in the package).

Daily Challenges:

1. Call out words that rhyme with “pop” while you hop in place.
2. Do push-up shoulder taps while someone calls out words for you to spell.
3. June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
4. Do as many star-jumps as you can.
5. Use sidewalk chalk to draw a maze and challenge an adult. OR Use sidewalk chalk to make a 2-square game and challenge a friend.