

# Physical Educations and Music choices

<p>10 sit ups (3)</p> <p>Push-ups (3)</p> <p>Rec planks (3)</p> <p>Run around your house 3 times</p>	<p>Freeze Dance!</p> <p>Find an upbeat piece of music to play and have someone hit pause at random. If someone moves, they are out!</p>	<p>Animal Walk</p> <p>Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.</p> <p>Skills developed: hopping, galloping</p>	<p>Make a Story Book a Musical!</p> <p>How can you make some of your books more musical?</p> <p>Can you sing parts of them?</p> <p>Can you add instruments?</p> <p>What if you add sound effects?</p> <p>One of my favorite activities of the year is doing "The Little Old Lady Who Was Not Afraid of Anything" and adding instruments. Get creative!</p>	<p>Keep the Balloon Up</p> <p>Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?</p> <p>Skills developed: volleying, striking</p>
<p>Eenie Meanie Chochaleenie!</p> <p>Take one of our favorite classroom games home with you! Find a ball, say the silly words, and pass the ball around to a steady beat. Remember it's okay to lose, what's most important is that you have FUN!</p>	<p>Hopscotch</p> <p>A favourite with kids of all ages, hopscotch is a game that can be played inside or out. Inside, use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks. Outside, use chalk to make a court and use rocks or the chalk itself as a marker. The rules are simple and the game can be played alone or with friends.</p> <p>Skills developed: hopping</p>	<p>Watch a musical!</p> <p>For family movie night, try to find a musical or Disney movie with lots of singing! Discuss what your favorite songs were from the movie.</p>	<p>Balance Beam</p> <p>Using an actual gymnastics beam isn't the only way for a child to learn balance skills. Indoors, use painters tape to make a straight line on the floor. Encourage your child to walk forwards, backwards, and sideways. [link to tightrope activity] Outdoors, use a plank of wood, a rope, or make a line with chalk for the same activity. When your child masters a straight line, add semi-circles or zigzags to add a bit more of a challenge.</p>	<p>A Walk Through the Forest!</p> <p>Our pal Chipper is on YouTube!</p> <p>If you search for "A Walk Through The Forest Wee Sing", you can do one of our favorite classroom activities at home! Make sure you clear some space or set up a speaker outside.</p> <p>Explore other songs and activities on the Wee Sing YouTube channel.</p>
<p>Dance Party</p> <p>Indoors or outdoors, turn up the music, use lights or decorations for ambiance, and let your kids twist, macarena, floss, dance like their favourite animal, or freestyle their way to fun.</p> <p>Skills developed: agility, balance, coordination</p>	<p>Build a Band!</p> <p>What do you have around your house that could become an instrument? Can you and your family create sounds together? What would your band be named if you went on a world tour?</p>	<p>Ride a Bike</p> <p>Whether it's a tricycle, a balance bike, a bike with training wheels, or a two-wheeler, kids love to zoom around under their own steam.</p> <p>Skills developed: balancing</p>	<p>Chrome Music Lab!</p> <p>Search for "Chrome Music Lab" and play around with fun and creative ways to make and learn music.</p> <p>What were your favorite activities?</p>	<p>Paper Airplanes</p> <p>There are so many ways to make paper airplanes at home. Throw them inside or outside and see how high they can fly, how far they can fly, or if your child can throw them through an object such as a hula hoop.</p> <p>Skills developed: throwing</p>
<p>Bean Bag Toss</p> <p>Bean bags are an easy-to-grip and throw item for kids. Indoors or out, have kids throw them into targets such as laundry baskets or hula hoops.</p> <p>Skills developed: throwing you can use rolled up socks instead of bean bags</p>	<p>Nursery Rhymes!</p> <p>Sing some of your favorite nursery rhymes together!</p> <p>Mary Had a Little Lamb, Twinkle Twinkle, The Wheels on the Bus, BINGO, Old MacDonald, Head Shoulders Knees and Toes, ABCs, The Itsy Bitsy Spider</p>	<p>Egg and Spoon</p> <p>For this ultimate hand-eye coordination and balance game, give kids a spoon and have them balance a hard-boiled or plastic egg from one point to another either indoors or out. How quickly can they go? Can they dance as they move?</p> <p>Skills developed: balance, coordination</p>	<p>DANCE DANCE DANCE!</p> <p>There are a lot of dances you can do to get up and wiggle! Just search for some favorites and have fun!</p> <p>Cupid Shuffle, Cha Cha Slide, Hokey Pokey, Looby Loo, Chicken Dance, Macarena, Tooty Ta, Cotton Eyed Joe, Hand Jive</p>	<p>Catch</p> <p>Kids learn to catch at different rates but working with them on the skill can begin with throwing them a balloon or a soft object such as a rolled up pair of socks or a light ball will be less intimidating than a heavy or small ball. Start by standing close to your child and as they master the catch, move further away.</p> <p>Skills developed: catching</p>