

2nd grade Movement calendar for the week of May 13th - May 20th

Greetings from mr. Gregory - gregoryt@msd281.org

For instructions, tips, and additional content go to the McDonald movement website at:

<http://mcdonaldmovement.weebly.com/>

There you can view current and past lessons as well as video tutorials.

Wednesday May 13th

Rest and recovery day / practice deep breathing

Thursday May 14th

Interest inventory - List *all* of the physical activities or ways that you like to move your body. Examples: dance (Celtic, tap, jazz, ballet), trampoline jumping, gymnastics, cheerleading, team sports (baseball, football, soccer), individual sports (running, biking, swimming, ice/roller skating, skateboarding). Then answer these questions: What is your favorite activity on the list? What about this activity do you enjoy the most? What or who inspires you to do this activity? What skills are involved? What are other activities that use similar skills? **Look for a special video by Mr. Gregory about his favorite interest.**

Friday May 15th

Stop drop and roll (call) - First think of a word you hear several times a day (hi, food, hair, bedroom, your name, any very commonly said or heard word), then think of simple exercise activity (jumping jack, push up, 10 second plank, sit up, etc.). During the course of the day, every time you hear the word, do your chosen activity up to 5 times. You may want to tell your parents about this first so you don't start exercising in the middle of something very important. Also if you have siblings that catch on and start repeating the word you can tell them you only have to do it once per person who says the word.

Monday May 18th

Balance challenge - Using a rope, or string, or even a piece of tape, make a straight line somewhere on the floor or ground, can be inside or out. Pretend you are a tightrope walker and go from one end all the way to the other end by placing one foot directly in front of the other keeping your balance and not falling off the line. Try it with your arms out, arms in, holding an object. Warm up timing yourself standing on one foot at a time.

Tuesday May 19th

Mindful senses - What do you notice around you? Find: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste. This is a repeat of a previous activity but is good to practice on a weekly basis.

Wednesday May 20th

Rest and recovery day / practice deep breathing

Remember to move everyday, and always try moving in new and creative ways!

