



WE MISS YOU!

Hello Parents and Kids,

We sure do miss you at our community centre programs, swimming pools, ice rinks, parent and tot gyms, playgrounds and at the Ready, Set, Learn events. Good thing this closure is only temporary. We hope to see you soon! In the meantime, stay active, keep moving and play to learn.

Fit activity for kids
what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

SIDEWALK CHALK OBSTACLE COURSE

- Easy for little ones and their families to get **ready** (and create), **set** and play and **learn** to move.
- Parents and older siblings can use chalk on the driveway, patio space or sidewalk where they live. **Practice physical distancing and do some fundamental movement skills.** Keep everyone active and on the move from home!

***Check out this video from a Community Youth Worker from Champlain Community Centre:*



WHAT'S YOUR NAME?

Modifications may be needed. For example, little ones doing jumping jacks can just make their body from “pencil” shape to “starfish” shape.

Source: <https://youtu.be/ny7HYG3sye8>