

PD/H/PE

<p>PHYSICAL ACTIVITY #1</p> <p>Create an obstacle course for your family.</p> <p>Time each member as they complete the course.</p> <p>Who was the fastest?</p> <p>Can they do it faster the second time?</p>	<p>PHYSICAL ACTIVITY #2</p> <p>Plan a workout that will last 10 minutes. Write down the activities and how many/time for each one.</p> <p>Complete your workout.</p>	<p>PHYSICAL ACTIVITY #3</p> <p>Set a timer, how many star jumps can you do in 20 seconds? 30 seconds? 1 minute?</p>
<p>PHYSICAL ACTIVITY #4</p> <p>If possible,</p> <p>enjoy a bike ride, or a walk, in the sunshine with your family</p>	<p>ROAD SAFETY #1</p> <p>You and your family have decided to go for a walk to the local park/shop. How would you stay safe as a pedestrian? Write a list of all the ways you can be a safe pedestrian. Draw a picture to show how to be a safe pedestrian.</p>	<p>ROAD SAFETY #2</p> <p>You and your family have decided to go for a bike ride to the local park/shop. How would you stay safe as a bike rider on the road? Write a list of all the ways you can be a safe on wheels. Draw a picture to show how to be a safe rider.</p> <p>Food for thought: Would these rules apply to all items on wheels (skateboards, bikes, roller-skates, scooters)?</p>
<p>ROAD SAFETY #3</p> <p>You and your family are going for a drive in the car. How can you be a safe passenger? Write a list of rules that passengers must follow when driving in the car.</p>	<p>ROAD SAFETY #4</p> <p>Design your own helmet to wear when riding your bike/scooter/skateboard.</p> <p>Draw and colour.</p>	<p>ROAD SAFETY #5</p> <p>Draw a map from your house to a local park, shopping centre, or friend's house. Think of the safest path that you could follow to get there. What would make the path safer? What would make it more dangerous? Draw the most direct, safest path. Write your reasons why you chose this path.</p>