



Hi Bobcats,

“Calling all kids!”...I can't hear you?

I am wondering how you are doing and how the lessons you chose to do daily or on PE class day are going? Please feel free to drop me an email to let me know how you are and or what you have been doing? ( [ldagostino@brunswick.k12.me.us](mailto:ldagostino@brunswick.k12.me.us))

Have any of you found your own *7 Wonders of the World* in your own backyard?

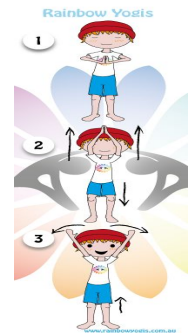
As you know, I am an outdoor girl and thank goodness we can go outside in the fresh air. I have been walking and or hiking every day, working on my elliptical, stationary bike and rowing machine. I do have a small weight machine I use as well. BUT, being outside truly allows me to shed the stress and breathe more clearly. PLEASE be kind to yourself and family, keep moving and burn off the worries! ( remember volcano pose?)

I DO LOOK for *7 Wonders* with every hike in the woods. One of my *7 Wonders of the World* I would like to share is:

The *yearling* eagles are returning, I saw one at Wolfe's Neck St. Park in Freeport.  
( a yearling is an immature bird that has returned one year later to its birthplace.)

Drop a note and let me know how things are going. I miss seeing you! My best to you and your family,

Mrs. D'Agostino :) [ldagostino@brunswick.k12.me.us](mailto:ldagostino@brunswick.k12.me.us)



## GRADES 4-5, week 3-4

You got this! You know what to do; YOU KNOW A LOT....let's keep this simple and have some fun! Use what you know and enjoy to have some fun and keep moving. You MIGHT want to think about your fitness goals. 4th grade we talk about goals and what to shoot for oneself; 5th grade, you wrote them down specifically this fall with the hopes of improving by spring. Thus, 4th graders, choose a goal you would like to work on; improving crunches?, push-ups, endurance, how long you can run= pacer test, etc...and build this station/circuit/obstacle course with hopes of working on your personal fitness goals, maintaining and/or improving your health and wellness.

**LESSON ONE:** Preferably outside, inside if necessary, create your own stations.

Think of a shape and have your stations stop at each corner, ( square, rectangle, octagon.), turn, (circle), or shape of your choice,, ( a letter shape?), and create a fitness, fun time.

In your yard your square might look like, corner one, jumping jacks for 30 secs., second corner, high knees. etc...You can use some exercises from the fitness alphabet from last week, or make your own up. Do you have a pool noodle or hula hoop or a ball you can put at a station? Can you climb over something, climb under something? Run around a tree? Jump in place with an imaginary rope. Have some fun with this. Once you set it up, can you run it through 2-3 times.

Once your station work is completed, you can use this for fun AND turn it into an obstacle course. Have a family member time you. ( YOU can time yourself even!)

OR, have a family member give you a specific amount of time and see how many times you can run through it. Change movements up, skip in between, gallop, use your favorite movement. CHALLENGE another family member? BETTER YET, run it and use it as a movement break anytime and see how much YOU improve!

**LESSON TWO:**

Hey friends, I am working with a fellow colleague online from Berwick, Me. She shared this BINGO game with me and I wanted to share it with you. ( please disregard *returning it to Mr. Holden*...feel free to take a picture and share it with me via email or post it on Facebook. Share it with your family/friends via facetime!) [ldagostino@brunswick.k12.me.us](mailto:ldagostino@brunswick.k12.me.us)

While at home, complete these different activities in order to make a BINGO! Write an answer or cross out the box when you complete it. Turn in your Bingo card to Mr. Holben upon your return to school. How many total boxes can you mark off?

B	I	N	G	O
How many stairs are in your home?	Balance on 1 foot longer than your family members.	How fast can you skip from room to room?	Have a family plank contest.	See how far you can jump in 5 tries.
Take a nature hike in your yard.	Do a jumping jack for every letter of the alphabet	How fast can you run a lap around your house	Teach your family your favorite tag game.	Hop from the car to your house.
How many steps does it take to walk around your house?	Jump in and out of a room in your house while counting to 10	FREE SPACE	Do jumping jacks for 3 different commercials	Run 1 lap around your house for every letter in your name.
Move through your house like your favorite animal	Jog in place for 30 seconds in every room of your house.	Have a race to find the fastest person in your family.	Dance to your favorite song.	Do 3 different animal laps around your home.
Walk to get the mail for 3 days	Toss a ball to yourself and catch it 20 times.	How fast can you clean up your toys?	Do push-ups for 3 different commercials	Kick a ball around your home.

HAVE FUN! "Don't worry...be happy!" Miss you guys. Be well, Mrs. D'Agostino :)