



Homework Ideas

1st Class 2016-2017

Here are a few ideas of activities your child, or your family, can do as part of their P.E. Journal homework (P.E. stands for both Physical Education and Positive Experience!).

I hope you find some activities that suits your child and your family schedule.

Please encourage your child to write about what they did in their P.E. Journal after you've done an activity.

Expectations:

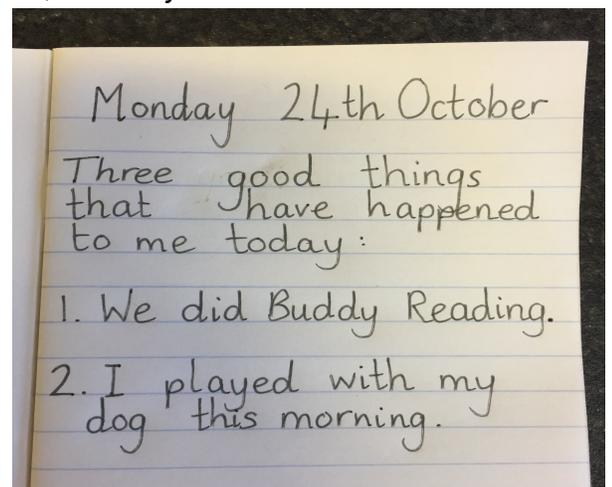
- ★ I expect one page of their P.E. Journal to be completed each night.
- ★ I would like writing only.
- ★ Please ask your child to write about an activity they have done or 3 positive things they have experienced that day.
- ★ The title should be: **Day and Date** e.g. Monday 24th October, Tuesday 25th October etc. ↴

Positive Reflection:

- Please ask your child 'What 3 good things have already happened to you today?'. Encourage your child to ask you about 3 good things that have happened to you as well. Please write these down in their P.E. Journal. ↴

Outdoor Activities:

- Gardening.
- Fishing: learn safety, responsibility, sportsmanship, and nature.



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- Walking/hiking: stop and discuss things you see, take pictures to share with classmates, compare local areas to other places.
 - Bring three soil samples to school in zip lock bags. Write on the bags where each came from.
 - Observe birds and explain to your family how their beaks and feet are suited to what food they eat.
 - Maintaining pets: an example: find a typical caterpillar and keep it until it turns into a moth or butterfly. Will allow kids to have to find different plant material for it to eat, water it, wash out its cage. A great science project and it is free.
 - Build with wood and tools: i.e. tree house, fort, etc.
 - Photograph things in nature: talk about the different things you photograph. You could enter photo contests with the pictures. Even if they don't win, it gives them opportunity to go through the entering process, and a chance to learn how to enjoy the experience even if it doesn't involve "winning."
 - Go horseback riding and explore nature - identify trees, flowers, weeds, etc; check the water supply in the ponds and streams and talk about the importance of water and clean air. Learn the importance of taking care of our animals; feeding, watering and loving them.
 - Run a lemonade stand: made posters, plan a menu for the stand, buy the supplies from a given budget, cashier, count money, roll coins, visited the bank to make the exchange. For another element, donate proceeds to a charity.
 - Walking the dog: developing an appreciation/ responsibility for looking after your pet.
 - Find a small creek and build a dam out of rocks and mud.
 - Go to the forest and build a fort out of branches/sticks.
 - Cycling.
 - Playing catch.
 - Skating.
 - Swimming.
 - Relay races.
 - Playing on a playground.
 - Learn and perform magic tricks.
 - Hopscotch.
 - Puddle jumping.
 - Go camping.

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- Name that state of water: vapor, liquid, solid.
 - Name that rock.
 - Name that plant.
 - Name that insect.

Games and Activities:

- Time Management and telling time: in the mornings, match what you do with a picture of a clock that shows when you should be done with something. For instance, you need to be at the breakfast table by 7:00 am in order to have enough time to eat, and be brushing teeth by 7:20 so you can be out the door by 7:30 to get on the bus.
- Do what I say: this is where you put up some obstacles in the living room (toys on the floor or move furniture around) then one gets blindfolded and has to find their way to a chair on the other side of the room just by following the commands (two steps forward, one step sideways) of another person.
- Plan your own lunch menu.
- To learn money: pull a handful of coins from a pocket or coin jar on a daily/weekly basis. Sort them, count them, etc.
- Call a family member and have a phone conversation about what you did that day at school.
- Singing.
- "Man Bites Dog" (making up funny newspaper headlines)
- Create a song or short melody. Teach it to someone.
- Make up a new game and then try to play it with friends. Make adaptations and try again.
- Trip around the house, where the heat comes from, and the ducting, or the water, where it comes in and the pipes that take it all over the house.
- Take something apart to see how it works - Reassemble it if possible or create something new with the parts.
- Make useful gifts for others that require learning a new skill.
- Jigsaw puzzles.
- Card games.
- Build snow or couch cushion forts.
- Looking at the blueprints of your house and figuring where each room is in the plans.

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- Looking at your family genealogy...what were the customs, traditions, language, where is the country located?
 - Learn to make bread.
 - Study the food pyramid.
 - Use sidewalk chalk to write the alphabet, spelling words, math problems, etc. on the driveway and sidewalk.
 - Paint with water on a hot day and teaching about evaporation and the water cycle.
 - Weird food night: go to the store, find a piece of produce that you have never heard of, and find out where it is from, and how to eat it.
 - Email relatives: this makes writing and spelling words fun.
 - Play "Sight Word Go Fish."
 - Close your eyes and take turns naming sounds you hear.
 - Point to things you see, or note things you hear and define them as "people-created" or "nature-created."
 - In the bath, practice Bubble Blowing, Sink and Float with various objects and measurement.
 - Play sports or after school activities.
 - Establish daily exercise plan: calculate distance walked, swam, biked, etc. and how many calories are used.
 - Spell words or do addition/multiplication tables as you jump on a trampoline- one letter/number per jump.
 - Spell words or do addition/multiplication tables as you play basketball. One letter/number per shot.
 - Spell words or do addition/multiplication tables as you jump rope.
 - Play dress up.
 - Clean your bedroom, the kitchen, another room in the house.
 - Play 'Simon Says'.

Outings:

- Visit your local museum.
- Visit the zoo: learn to use the map or create your own.

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- Play at the park.
 - Visit the local dump.
 - Counting back change at shop.
 - On a drive, see if you can find every letter of the alphabet, in order, on road signs, billboards and Company names. Or just try to find all words starting with a certain letter. Or with numbers.
 - Visit historical sites on holidays.
 - Learn orienteering. Some cities have Orienteering groups that play games each weekend. They distribute maps with check-points and the goal is to get your card punched at each check-point. It teaches children to use topography maps and compasses to find their way around.
 - Create field trips for your kids: some ideas: visit a kitchen in a local restaurant, a factory, the city jail, the water treatment plant, a brick factory, the power plant, etc...
 - Go to a play or musical.
 - For a car ride: See It Say It Spell It - find objects in alphabetical order, say them, then spell correcting. No one can take an already spelled object.
 - For a car ride: Motor Maths - when you see a number come up with a problem it would be the solution to. You can do several variations to fit what your child is working on such as multiples of the number, odd or even, expanded form, etc.
 - Visit a Fish Hatchery.
 - Take a city walk to look at how buildings are designed and at art work and murals. Talk about subjects like tagging and graffiti- is it art? Why or why not?
 - Visit a community garden.
 - Estimating the weight of foods at the shop. Using the store scales to see who is closest.
 - Visit the same construction site every week to see how a building is going up: watch the progress from the hole in ground, then pipes going in. From there, the foundation, framing, roof and all the other steps in building a home each week can provide new things to talk and think about.
 - Visit local archeological dig sites, and talk about the history of the place.

This is not an exhaustive list!

Please feel free to supplement it with your own ideas or activities!

Thank you,

Jane Honner