**Some Learning Activities for Friday, April 17th**

**Language Arts**

I don’t have any reading or writing activities for you today. I want you to work on **speaking** and **listening**. Please have a conversation with an adult family member about what school was like when they were a child? You could do this while eating a meal later today or while going for a walk or you could even phone someone who does not live with you? What kind of questions could you ask? What was the same about their school? What was different? Listen carefully, so you can learn as much as you can.

**Math**

Today’s date is April 17th so you are going to show what you know about the number **17**. Write the number 17 at the top of the page and now show what you can about the number 17. Draw pictures, use symbols like = + - , write words, use ten frames, money, what else? I can’t wait to see what you come up with for 17.

**Physical Education**

I almost forgot but it is Fitness Friday! Today, you will need to make your own circuit. First pick 4 different exercises. What will your exercises be?

Here are some ideas: jumping jacks, squats, hop on one foot, push ups, burpees, or something else. Find a space where you can do the exercises safely. How many of each exercise will you do? We usually pick 10 of each exercise on fitness Friday but for some exercises like burpees, maybe 5 is enough.

Warm up: start by doing high knees on the spot and then bottom kicks on the spot. Stretch out your arms and legs.

Fitness circuit: Try to do your circuit for five minutes.

Stop, take a rest, get some water, feel your heart beating, notice your breath. It is a warm day, are you sweating?

Try to do the fitness circuit for another 5 minutes.

Stop, now it is time to cool down. Lie down on the floor on your back in the star position. Pay attention to your heart and your breathing. Are they getting back to normal?

Great work!

**Centres**

A few of you sent photos of your lego animals on Wednesday. What other things can you build with your lego? A chair? A piece of fruit? A piece of pizza? A rainbow or a bridge? Try building something with your eyes closed. Send me your ideas for a lego building challenge.

Have a great weekend!