

Intermediate DPA Tasks

Week 3	Activity
Option 1	Use household objects to make an obstacle course for a marble/tennis ball or other small ball. Make sure the ball can travel through the obstacle course with only 1 small push at the beginning. Have it travel through a room going over, under, around, and through obstacles.
Option 2	Find a wall. Sit like you would in a chair (knees at 90 degrees) with your back and shoulders against the wall and your hands at your sides. Time how long you can wall sit for. Challenge your family members. You could even call a friend and challenge them. Who sat the longest? Try this over several days and see if you can improve your time.
Option 3	This can be done indoors or outdoors. Do as many rounds as possible in 15 minutes: 15 Jumping Jacks, 15 High Knees, 15 Squats, 15 Butt Kicks.
Option 4	Egg Drop: Use your blue bin recycling materials to build a container for an egg that protects it from breaking. With help from a parent, test it out by dropping it from a high location.
Option 5	Get a deck of cards (or make cards on small pieces of paper). As a family take turns drawing a card You must do the exercise that goes with the suit and the number of reps according to the number on the card. Spades: Jumping Jacks Hearts: Burpees Clubs: Squats Diamonds: Push ups Kings: Sing A song Queens: Do your best dance moves Jacks: Make a silly face and wait for others to notice.