

Intermediate DPA Tasks

Week 2	Activity
Option 1	Use found materials around your house to build a bridge between two objects. What materials do you have that are strong? Test your bridge. Are some shapes stronger than others? What difficulties did you encounter?
Option 2	Use the following exercises and see how many times you can go through the numbers that are in your phone number. 0 – 20 second plank hold, 1 – 1 burpee, 2 – 2 star jumps, 3 – 3 squats, 4 – 4 toe touches, 5 – 5 sit ups, 6 – 6 walking lunges, 7 – 7 seconds of running on the spot, 8 – 8 big arm circles, 9 – 9 jumping jacks.
Option 3	Find some items in your home. Create a game using those items. Make sure you have a clear goal and rules. Play the game with a family member. What went well? What didn't? Is there anything you need to change about your game?
Option 4	Go on a neighbourhood walk. Find the following: Something that moves by itself, something that moves because of something else, something affected by wind, an example of human impact of the environment, something affected by water, 5 pieces of garbage. Track your family walk.
Option 5	Calculate how many times your heart beats in a minute (# beats per 10 seconds x 6). Do 50 jumping jacks. Check your heart rate again. Is it faster or slower? By how much? Why do you think it changes? Try another exercise and take your heart rate again. Is there a difference?