

# Intermediate DPA Tasks

| <b>Week 5</b>   | <b>Activity</b>  |
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| <b>Option 1</b> | Trash can Basketball – Use recycled paper or newspaper and a clean bin. Take 100 shots with your ball of paper and track how many you make. Challenge a family member. Graph your results.               |
| <b>Option 2</b> | Create a yoga routine for relaxation. You may want to look up some poses such as child’s pose, hero’s pose, bridge, upward & downward dog. Send your teacher a video of the routine.                     |
| <b>Option 3</b> | How about you take some time today to just unplug and take a walk! Can you name what you hear? Name what you see? Name what you smell? Name what you taste! This is a great activity to ground yourself. |
| <b>Option 4</b> | Find at least three songs of your choice which have varying tempos (pace or speed). Run, jog, skip, walk to the music. You might find some songs are great for running along with.                       |
| <b>Option 5</b> | Create the events for an “Animal Olympics 2020”. What would be the events? Who would participate? Justify your choices.  |