

Grade 3-5 Phys Ed for the week of April 6th-10th:

Try to complete **two** of the activities out each days choices:

Monday:

- Build a cup tower and bowl it over with a ball or a rolled up pair of socks.
- Run 3 laps around your house.
- Create a dance and share it with someone.

Tuesday:

- Take a family walk for 20 minutes.
- 20 burpees and 20 sit-ups.
- Run in place for 3 minutes.

Wednesday:

- Play outside for at least 15 minutes
- Jump rope for 15 minutes.
- Jog in place for 3 minutes.

Thursday:

- Create an indoor obstacle course.
- Vacuum or sweep your entire house.
- Take a family walk for 20 minutes.

Friday:

- Side plank on both sides for two minutes.
- Create a dance and share it with someone.
- 20 burpees and 20 sit-ups.

Optional challenge:

Mr. Flynn's teacher page is quite empty! Students are challenged to get up and give a helping hand around the house. This can be cleaning, cooking, shoveling, laundry or anything that is being helpful around the home. If possible send any photos to Mr. Flynn so he can post to his teacher page to show how students are taking it to the Max! Photos can be sent to ryan.flynn@nbed.nb.ca