

# Max Aitken Grades 3-5 Phys Ed Challenges for April 27<sup>th</sup> to May 1<sup>st</sup>

For each day of the week try and complete the given challenges. How many can you complete this week?

Send pictures or videos to [ryan.flynn@nbed.nb.ca](mailto:ryan.flynn@nbed.nb.ca)

“Go Green Challenge”	“Create a workout Challenge”	“Spy Walk Challenge”	“Show your skill”	“Run Challenge”
In this challenge I want you to try to find a “green space” (field, lawn or wooded area) and show how you can be active using the green space. This might involve kicking a soccer ball, running, playing a game, playing catch or doing some balancing or gymnastics.	Try to come up with a workout that you can complete and that you could get others to complete. We have done many exercises this past year so use those. Some examples might be jumping jacks, mountain climbers, burpees, push-ups, crunches or anything else you can think of.	<p>I want you to get outside and go for a walk and look for the following items. Try to find all of them!</p> <ul style="list-style-type: none"> <li>- Puddle</li> <li>- Buds on a tree</li> <li>- Hearts in a window</li> <li>- Stop sign</li> <li>- Black mailbox</li> <li>- Red car</li> <li>- An animal</li> <li>- Flower</li> </ul> <p>You only need to see the items for them to count.</p>	<p>Do you have any special talents you want to share? Can you juggle, hacky sack, hoola hoop etc..?</p> <p>Take a picture or video and send it to Mr. Flynn and we will share it on our website.</p>	Challenge yourself to run for ten minutes straight without stopping. Remember to run in a safe area and that you have your parents permission. If you can’t do ten minutes try to do 1 minute of running and then a minute of walking. This will help you build you strength to get to the ten minute goal.

Take a look at my teacher page for more resources such as a template for tracking physical activity and several links to online sites that will allow students to practice their fundamental skills and stay fit during this time off.