

Grade 3-5 Phys Ed for the week of April 13th-17th:

Throughout the next week try to complete 2 of the following:

- Play a game of charades using the resource attached to this page.
- Complete 3 workouts by following the Body Coach at this link
<https://www.youtube.com/user/thebodycoach1>
- For low tech movement go for a 15 minute walk at least 3 times this week with your family.
- Stand while reading for 30 minutes on three separate days.

Optional challenge:

This week's challenge is to create an obstacle course either indoors or outdoors and to take a picture or video and to send it to me. Please be safe when doing completing course and use items that you already have. Send any videos or pictures to ryan.flynn@nbed.nb.ca