

## Physical Activity Challenges to get out and enjoy the sun!

Try to complete **at least 4** of the challenges:

- ❖ Take a beach ball or balloon and try to keep it in the air using an underhand strike for 2 minutes.
- ❖ Find a body of water (the Miramichi River!) and skip a rock to get as many skips as you can.
- ❖ Go for a walk in one of Miramichi's beautiful parks (Strawberry Marsh, French Fort Cove, Ritchie's Wharf, Enclosure, Middle Island etc.)
- ❖ Find someone and have a game of catch with a frisbee.
- ❖ Build a sandcastle at the beach!
- ❖ Complete a chore around the house that is outside (piling wood, raking grass, gardening, taking garbage out etc.)
- ❖ Go for a 1km run outside.

Please send any photo's or video's to Mr. Flynn so he can post them to the "Take It To The Max" website. Also, please check Mr. Flynn's teacher page for extra PE activities if you are up to it!

Have a great summer and stay active!