**Middle School Physical Education**

Week 4: Monday April 27th to Friday May 1st

Hi Gators!

 Great job with Week Three, everyone! Please feel free to send a photo or video to haley.tozer@nbed.nb.ca so we can showcase how you are staying active on the Gretna Green website.

* Mrs. Tozer

**Week 3 Challenge:** Dirty Dozen Workout

Perform 12 repetitions of each of the following exercises for 12 rounds.

* **Air Squats**
	+ Video Link: <https://darebee.com/exercises/squats-exercise.html>
* **Jump Squats**
	+ Video Link: <https://darebee.com/exercises/jump-squats.html>
* **Jumping Jacks**
	+ Video Link: <https://darebee.com/exercises/jumping-jacks.html>
* **Mountain Climbers**
	+ Video Link: <https://darebee.com/exercises/climbers-exercise.html>

**Week 3 Activities:**

**Move It Monday:**

* Let’s get moving with some dancing. This will target your entire body physically and it’s a lot of fun. Choose at least five Just Dance songs. Below is a playlist to get you started. Sometimes you just need to dance it out!
	+ Video Link: <https://www.youtube.com/watch?v=qryAuIqG8oo&list=PLwHV_IsfFvuTMbENgvP7XeWepHfpu2m1T>

**Training Tuesday:**

* It’s time for a High Intensity Interval Training (H.I.I.T.) workout. Have a small healthy snack before you begin to give your body the fuel it needs for this fast-paced movement. Good luck!
	+ Video Link: <https://www.youtube.com/watch?v=cZnsLVArIt8&t=735s>

**Wellness Wednesday:**

* Today you’re not only targeting physical wellness, but mental wellness. Focus on your breathing, thoughts, and body movements in this yoga session specifically created to focus on mental health.
	+ Video Link: <https://www.youtube.com/watch?v=hJbRpHZr_d0>

**Thirteen Degree Thursday:**

* Today is supposed to be at least 13 degrees, so let’s take advantage of this beautiful day. Go outside for at least half an hour and choose a physical activity of your choice. Below are some suggestions that you could do. Have fun and wear sunscreen!
	+ Go for a walk/jog around the neighborhood
	+ Grab your sports equipment and work on fundamental skills
	+ Go for a bike ride
	+ Ask someone in your bubble to play catch

**Fitness Friday:**

* Let’s try a new type of workout. Have a go with Pilates today. Get ready to feel the burn!
	+ Video Link: <https://www.youtube.com/watch?v=nSGUYnlyYmg>