**Physical Education and Mental Well-Being Activities**

Week 3: Tuesday April 20th to Friday April 24th

Alright Gators, you can be *physically apart* but *active together*. Facetime your friends, send a Snap, or make a TikTok while doing these activities to motivate each other.

Please feel free to send a photo or video to chris.walsh@nbed.nb.ca so we can showcase how you are staying active on the Gretna Green Facebook page.

Below are the activities/challenge you may choose to incorporate into your schedule this week to stay fit! Remember to stay active and wash your hands!!

* Mr. Walsh

**Week 3 Challenge:** Thank you to Mr. Jim Watters for this weeks challenge. Remember to mix it up to increase the difficulty level. For rules and objectives follow this link: <https://www.youtube.com/watch?v=VpKN0RSnxl8>

**Week 3 Activities:** Log your activities for the week. Activity, length of time taking part in the activity and feel free to send it along to me if you wish.

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| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |