**PE at Home
Week 2**

Hey Gators!

Great job to everyone who submitted photos and videos of their obstacle courses last week!

It is looking like a sunny week ahead so let’s get outside and get some fresh air! We should all be aiming for 30 minutes of physical activity every day. These minutes can be spread out throughout the day. Go for a walk, bike drive or play some road hockey or basketball in your driveway or come out with your own ways of being active!

Here are some extra activities to try this week:

**Monday** - Connor McDavids 15 minute workout
<https://twitter.com/i/status/1247203043206221825>

**Tuesday** - Jim’s Self Passing Challenge
<https://www.youtube.com/watch?v=WSMdOhcgF94>

**Wednesday** - Indoor Bowling: This is a great way to reuse water bottles! Line six to ten water bottles up at the end of your hall or living room. Place a line of masking tape at the starting line. Grab a ball and start bowling!

**Thursday** – Play a game of “PE Students Strike Back”
<https://www.youtube.com/watch?v=ZPtRkauTRtw>

**Friday** - Go for a walk with your family and try to find all the following items:
