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

Week 10 Monday June 8th to Friday June 12th

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 10 Challenge:**

 **Hey Gators, welcome to our last week of online PE and Mental Wellness….the weather forecast is looking great and it is going to be a beautiful week to be outdoors. So, your challenge is to spend as much time outside, swimming, having a catch, going for a walk with friends and family, anything you can think of to get the heart rate up. Remember, stay hydrated by drinking water and use sunscreen. Have a great week everyone!**

**Mental Wellness Reminder:**

