**Middle School Physical Education**

Week 5: Monday May 4th to Friday May 8th

Hi Gators!

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

* Mrs. Tozer

**Week 5 Challenge:** Count Down Craziness

Complete **three** rounds, taking as few breaks as possible. The harder you push yourself, the more successful the workout.

* **50 Jumping Jacks**
  + Video Example: <https://darebee.com/exercises/jumping-jacks.html>
* **40 Air Squats**
  + Video Example: <https://darebee.com/exercises/squats-exercise.html>
* **30 Mountain Climbers**
  + Video Example: <https://darebee.com/exercises/climbers-exercise.html>
* **20 Plank Jacks**
  + Video Example: <https://darebee.com/exercises/plank-jacks.html>
* **10 Exercise of Your Choice**

**Week 5 Activities:** May Play

To celebrate the new month of May, it’s time to play! This week, you have five fun games to play that will get you moving each day. There are indoor and outdoor options. Ask a “bubble” member or two to join you and enjoy!

1. Table Top Ball
   * Video Link: [https://safeshare.tv/x/09Epzlh99pg#](https://safeshare.tv/x/09Epzlh99pg)
2. 2 Square
   * Video Link: <https://www.youtube.com/watch?v=iedh8UONBRw>
3. Hampered In
   * Video Link: <https://safeshare.tv/x/LwaUyPdw_To>
4. No Go
   * Video Link: [https://safeshare.tv/x/b3xA2RkB3BI#](https://safeshare.tv/x/b3xA2RkB3BI)
5. Aerobic Bowling
   * Video Link: <https://safeshare.tv/x/ilPm0YHEBlU>

**Bonus Activity: Create Your Own Game**

Using household items for equipment, create your own game. Choose the items needed, make up the rules, and give it a go.

Adapt as you play to make different versions that decrease or increase difficulty.

If you’d like to share your game for fellow Gators to play, send me a video explaining the rules with a demonstration (similar to the videos for this week’s games). I will post it on the Gretna Green website and Facebook page. Be creative and have fun!