**Middle School Physical Education**

Week 9: Monday June 1st to Friday June 5th

Hi Gators,

Great job with Week 8, everyone! Enjoy your second last week of home learning.

* Mrs. Tozer

**Week 8 Challenge:** Bring Sally Up Squat Challenge

* Video Link: <https://www.youtube.com/watch?v=bql6sIU2A7k>
* Follow the above video by squatting when the song says “bring Sally down”. Prepare to feel the burn! To push yourself further, play the song twice.

**Week 8 Activities:** Complete Gator Bingo. Do at least 1 to 2 activities daily. Mark completed activities with an “X”. By the end of the week, see how many lines you’ve made. Activities can be completed solo or in a group.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Go for a 60 minute walk. | Help make lunch or supper. | Use Canada’s Food Guide to plan a day’s meals. | Dance to five Just Dance songs on YouTube. | Organize your closet. |
| Jump on a trampoline for fifteen minutes. | Meditate for five minutes. (link at bottom) | Wash, dry and fold a load of laundry. | Go for a hike. | Have a push-up challenge with someone. |
| Learn a new TikTok dance. | Make a healthy smoothie. | FREE | Complete a physical activity of your choice. | Do a stretching routine. (link at bottom) |
| Hula hoop for as long as you can without the hoop dropping. | Skip rope for 30 seconds on, 30 seconds off for 10 minutes. | Eat a bowl of fruit or veggies. | Do a H.I.I.T. workout. (link at bottom) | Go for a bike ride. |
| Make a Physical Activity Pinterest Board | Read for 30 minutes. | Do beginner yoga. *(link at bottom)* | Get 60 minutes of physical activity in a day. | Do a 20 minute H.I.I.T. dance. (link at bottom) |

Links:

* Meditate for five minutes. (<https://www.youtube.com/watch?v=inpok4MKVLM>)
* Do beginner yoga. *(*<https://www.youtube.com/watch?v=v7AYKMP6rOE&t=616s>*)*
* Do a H.I.I.T. workout. (<https://www.youtube.com/watch?v=cZnsLVArIt8>)
* Do a stretching routine. (<https://www.youtube.com/watch?v=h2aBPh_2eEo>)
* Do a 20 minute H.I.I.T. dance. (<https://www.youtube.com/watch?v=lDA8QqF5gtM>)