

Grade 2 and Grade 3 Phys. Ed.		
<p>Follow this workout video on Youtube  <a href="https://www.youtube.com/watch?v=hKRR7_igyLo&amp;t=575s">https://www.youtube.com/watch?v=hKRR7_igyLo&amp;t=575s</a>            Remember to take breaks when you need them and only do what you can ☺</p>	<p>Play a game of tag (i.e. soccer tag, frog tag, toilet tag, etc.) with your friends and family</p>	<p>Complete a 'Name Work Out' using your first, middle and last name</p>
<p>Complete a "Deck of Cards Workout". Assign a movement to each suit (i.e. squat, push-ups, high knees, jumping jacks, etc.). The number shown on the card (face cards are 10) is the amount of reps you complete for the movement.</p>	<p>Go for a 30 minute walk or 15 minute run outside with your family</p>	<p>Follow this yoga class on Youtube  <a href="https://www.youtube.com/watch?v=4q252Wnp4oM">https://www.youtube.com/watch?v=4q252Wnp4oM</a></p>
<p>Play outside for 30 minutes</p>	<p>Put on the radio or play your favourite music. Have a 20 minute dance party.</p>	<p>Help with house work or yard work</p>

Grade 6 Phys. Ed.		
<p>Follow this workout video on Youtube  <a href="https://www.youtube.com/watch?v=XLO1F4CWBpY">https://www.youtube.com/watch?v=XLO1F4CWBpY</a>            Remember to take breaks when you need them and only do what you can ☺</p>	<p>Play a game of tag (i.e. soccer tag, frog tag, toilet tag, extreme tag, etc.) with your friends and family</p>	<p>Complete a 'Name Work Out' using your first, middle and last name.</p>
<p>Complete a "Deck of Cards Workout". Assign a movement to each suit (i.e. squat, push-ups, high knees, jumping jacks, etc.). The number shown on the card (face cards are 10) is the amount of reps you complete for the movement.</p>	<p>Go for a 30 minute walk or 15 minute run outside</p>	<p>Follow this yoga class on Youtube  <a href="https://www.youtube.com/watch?v=9XBnftTBmAk">https://www.youtube.com/watch?v=9XBnftTBmAk</a></p>
<p>Play a sport outside (basketball, soccer, hockey, etc.) for 30 minutes</p>	<p>Create an obstacle course. Try and beat your best time.</p>	<p>Help with house work or yard work</p>