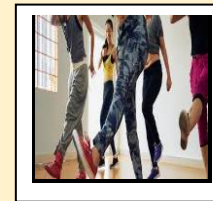
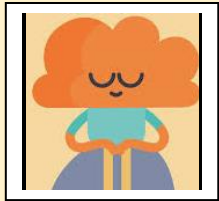


GSMS Weekly P.E. Activity Ideas

April 27 - May 1



Mindful Monday

Yoga

ANXIETY & STRESS

Flexibility

FULL BODY

Meditation

GROUNDING

Tabata Tuesday

HIIT CARDIO

PDF Versions

BEGINNER

Workout Wednesday

SQUAT CHALLENGE

PDF Version:

LETTER CHALLENGE

Twisting Tuesday



CARDIO DANCE

Fun Friday

DECK OF CARDS

The following site has a large variety of different types of exercise workouts....something for everyone!

[BOKS WORKOUTS](#)

Did you know?

The average amount of sleep a teen needs each night is **9 hours?**

Sleep helps your ability to focus, learn, listen, and solve problems.

Sleep helps your mood.

Sleep keeps you physically healthy.