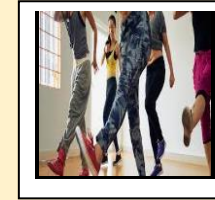


# GSMS Weekly P.E. Activity Ideas

May 18 – May 22



## Mindful Monday

Yoga

GENTLE FLOW

Flexibility

BEGINNER

Meditation

POSITIVE DAY

## Tabata Tuesday

LOW IMPACT

PDF Versions

SPACEMAN

## Workout Wednesday

FUN HIIT WORKOUT

PDF Version:

STRENGTH & SPEED

## Twisting Thursday

DANCE CARDIO



## Fun Friday

MINUTE TO WIN IT GAMES

PE Word Search

Hi George Streeters! 😊

Even if you don't have equipment you can sometimes make your own using items in your house!

Check out these fun games (for indoor and/or outdoor):

Bocce Ball

Net Ball

Bottle Flip Chaos

Did you know?

**SUN DAMAGE** ☀️

Wearing sunscreen can protect you from skin damage and developing skin cancer?

Tanning at a young age causes skin to age faster.

Teens are more vulnerable to sun-related hazards because their skin is more delicate.

Even when cloudy, UV rays can pass through and cause as much harm as on sunny days.