



Centreville Community School



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6-8 HOME LEARNING PLAN

Grade:	6-8 Phys.ed.
TEACHER	G.Robinson
Chris Sparrow	Principal : Christopher.Sparrow@nbed.nb.ca
Melissa Richardson	Vice Principal : Melissa.Richardson@nbed.nb.ca
Kori Springer	Resource: Kori.Springer@nbed.nb.ca
David Mahar	Guidance: David.Mahar@nbed.nb.ca
School	CentrevilleCommunity@nbed.nb.ca

In accordance with the communication sent from our Minister of Education, Dominic Carty, on April 2, 2020 Home learning opportunities to support literacy and numeracy outcomes will be made available online weekly by Teachers.

Families encouraged to:

- Support their children to complete the options below for an average of **one hour per day**.
- Read aloud with their children daily; and
- Consider daily physical activity and free play as an important part of their child's mental health and skill development.

Description of Learning Activities

Monday- Movement to Music

MORE HIP HOP FUN!!!

<https://www.youtube.com/watch?v=-0EOa854zKI&t=82s>

https://www.youtube.com/watch?v=OZEK_ztv8ww

<https://www.youtube.com/watch?v=SSVEXTucaEY>

<https://www.youtube.com/watch?v=Gzqj7Qf7MQk>

<https://www.youtube.com/watch?v=9sxifR0Ltqk>



Tuesday: Fitness Challenge

Body Weight Workout!

Have fun with this beginner at home workout 😊

1. High knee march on the spot. (20)
2. Jumping Jacks (20)
3. Push-ups (12)
4. Squats (15)
5. Squat Jumps (6)
6. Plank (30 seconds)
7. Lunges (20)
8. Calf-raises (12)
9. Burpees (8)
10. Crunches (20)

Rest 2 minutes, repeat 3 Times.

Wellness Wednesday

Take your family on a 30 minute jog. Try to jog the entire 30 minutes, stopping to walk only when you need to. Then write in a journal or Blog about your jog/walk.



Thursday: Chores Galore Again!

Today you are going to help out around the house. Pick 3 chores that you will complete and do well. Put on some music and make it fun! These need to be chores that take time and effort like cleaning the bathroom or sweeping and mopping the floors etc. Taking the garbage out and feeding your pet are helpful for sure, but do not count.

I'm sure you are enjoying being a big help around the house!! 😊



Fitness Friday

Watch video 5. Write a brief journal about how this video may have inspired you. Then go out and do something that will continue to be a step in the right direction towards the dream you set last week. Continue keeping a written record of your progress.

1. <https://www.youtube.com/watch?v=EUuF8nkV-HA>
2. <https://www.youtube.com/watch?v=h3D6PMybOks>
3. <https://www.youtube.com/watch?v=G3IF-ZLNtCk>
4. <https://www.youtube.com/watch?v=d2vTh6jDNbQ>
5. <https://www.youtube.com/watch?v=3D-3RoPKWkQ>
6. <https://www.youtube.com/watch?v=Cn51gRVA1Ic>