



# Centreville Community School



Follow us on Twitter at @CentrevilleSch for additional activities.

## 6-8 HOME LEARNING PLAN

Grade:	6-8 Phys.ed.
TEACHER	G.Robinson
Chris Sparrow	Principal : <a href="mailto:Christopher.Sparrow@nbed.nb.ca">Christopher.Sparrow@nbed.nb.ca</a>
Melissa Richardson	Vice Principal : <a href="mailto:Melissa.Richardson@nbed.nb.ca">Melissa.Richardson@nbed.nb.ca</a>
Kori Springer	Resource: <a href="mailto:Kori.Springer@nbed.nb.ca">Kori.Springer@nbed.nb.ca</a>
David Mahar	Guidance: <a href="mailto:David.Mahar@nbed.nb.ca">David.Mahar@nbed.nb.ca</a>
School	<a href="mailto:CentrevilleCommunity@nbed.nb.ca">CentrevilleCommunity@nbed.nb.ca</a>

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

<https://caldersphysicaleducationblog.wordpress.com/2020/01/15/rhythms-and-dance-feel-it-still/>



## Tuesday: Fitness Challenge

\*Fitness stations (8 rotations) \*1 minute plank \*40 jumping jacks \*high knees ( running on the spot lifting knees as high as possible) 30 sec \*balance on one foot with other foot higher than your waist for 1 min \* 100 line jumps \*20 push-ups \*50 squats ( keep back straight) \* 5 minute continuous run without stopping

## Wellness Wednesday

Take your family on a 30 minute walk and challenge family members to try some tongue twisters along the way....



## Thursday: S T R E T C H I N G

Stretching enhances your flexibility, strength, coordination, and body awareness. Today's challenge is to try to make all of the letters of the alphabet with your body! How long can you keep your balance for each letter? Cool down with some of your favourite stretches!

## Fitness Friday

Choose from one of the following or create your own favorite 30 minute workout.

<https://ca.video.search.yahoo.com/yhs/search?fr=yhs-sz-001&hsimp=yhs-001&hspart=sz&p=youtube+fitness+fun#id=1&vid=aff63054bfd633c249fac67a2d657cbf&action=click>

<https://ca.video.search.yahoo.com/yhs/search?fr=yhs-sz-001&hsimp=yhs-001&hspart=sz&p=youtube+fitness+fun#id=56&vid=024ca4b2617b8e941dfca85eca35d91f&action=view>