



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 **two 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

Take 30 minutes and try to perfect these 3 dances.

<http://www.viewpure.com/wE5OeLUYGXA?start=0&end=0>

<http://www.viewpure.com/P5kq4O5wmKY?start=0&end=0>

http://www.viewpure.com/H4vG8uT2_O0?start=0&end=0



Tuesday: Fitness Challenge

Spring into Action:

1. Find someone to do 20 jumping jacks with you.
2. Say your math facts while doing reverse lunges.
3. Do push-up shoulder taps while reciting 5 spelling words.
4. Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
5. Do as many squats as you can.
6. Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.

Wellness Wednesday

Take your family on a 30 minute walk. Stop every 5 minutes to do 10 exercises of your choice. Could be jumping jacks, lunges, push-ups, squats, etc...



Thursday: Movement Activities

Challenge yourself to get through as many of these movement cards as you can in 30 minutes...

<https://drive.google.com/file/d/1q9OkNxWcAPA6fkTCsPasGANF413PDM-j/view>

Fitness Friday

Watch video #2. 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.

Season 1 Episode 1:

<https://www.youtube.com/watch?v=EUuF8nkV-HA>

Season 1 Episode 2:

<https://www.youtube.com/watch?v=h3D6PMybOks>