



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 : 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, numeracy, science and social studies outcomes will be made available online weekly by Middle School Teachers.

Families are encouraged to:

- Support their children to complete the learning options 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: Yoga!

Pick which one best suits you!

→ 25 minutes of yoga for kids:

<https://www.youtube.com/watch?v=X655B4ISakg>

→ 30 minutes of Frozen yoga- a cosmic kids yoga adventure:

<https://www.youtube.com/watch?v=xlg052EKMTk&t=150s>

→ 13 minutes of yoga: 10 yoga moves compilation

<https://www.youtube.com/watch?v=ho9uttOZdOQ>

Tuesday: Hopscotch

Check out the link for other chalk activities to do outside.

<https://activeforlife.com/8-active-chalk-games/>

Wellness Wednesday

Take your family on a 30 minute walk and count the number of robins you see, or the number of other walkers you see, along the way.






Thursday: High-Intensity Interval Training (HIIT)

HIIT workouts generally combine short bursts of intense exercise with periods of rest or lower-intensity exercise.

**KIDS 7 MINUTE HIIT WORK
OUT FOR SELF-REGULATION**

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!

-  **FROG JUMPS**
Hop, hop, back and forth like a frog
-  **BEAR WALK**
Hands & feet on the floor, hips high - walk left and right
-  **GORILLA SHUFFLE**
Sink into a low sumo squat, with hands on the floor, shuffle around the room.
-  **STARFISH JUMPS**
Jumping jacks as fast as you can, with arms and legs spread wide.
-  **CHEETAH RUN**
Run in place, as FAST as you can! Just like the fastest animal in the Sahara.
-  **CRAB CRAWL**
Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.
-  **ELEPHANT STOMPS**
March in place lifting your knees as high as you can and stomping the ground as hard as you can!

RAISING AN EXTRAORDINARY PERSON
HTTP://WWW.EXTRAORDINARY.COM

Fitness Friday

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

https://ca.video.search.yahoo.com/yhs/search;_ylt=AwrEeSWeqZleADUA7AIXFwx.;_ylu=X3oDMTByMjB0aG5zBGNvbG8DYmYxBHBvcwMxBHZ0aWQDBHNIYwNzYw--?p=30+minute+workouts+for+middle+school&fr=yhs-sz-001&hspart=sz&hsimp=yhs-001#action=view&id=16&vid=c8282eb67bbbd67c04b0522ee20e5ca1

https://ca.video.search.yahoo.com/yhs/search;_ylt=AwrEeSWeqZleADUA7AIXFwx.;_ylu=X3oDMTByMjB0aG5zBGNvbG8DYmYxBHBvcwMxBHZ0aWQDBHNIYwNzYw--?p=30+minute+workouts+for+middle+school&fr=yhs-sz-001&hspart=sz&hsimp=yhs-001#action=view&id=22&vid=a27090578fed168c125987a1cc183321