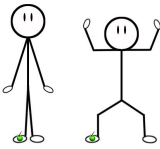




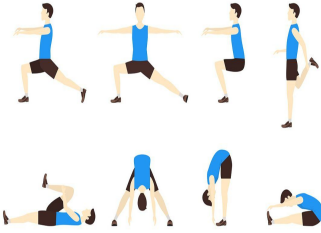


PE & Health Intermediate

Choose five or six activities from the chart to complete throughout the day as mini work breaks. If it's good weather, do as many as you can outside in the yard.

<p>Do 20 jumping jacks</p> 	<p>Reach to the sky and touch your toes 10X's</p>	<p>Walk around your yard and look for things that grow naturally</p> 	 <p>Do a cross body stretch for a brain break</p>
<p>Make a snack for your sibling or parent</p>	<p>Dance to a favourite song</p> 	<p>Tell your sibling a joke</p>	<p>Do a chore around your home</p>
<p>Tell your parents 3 things you are grateful for</p> 	<p>Do 20 sit ups or 10 push ups</p>		<p>Hold each stretch for 15 sec.</p> 