

Week 6 Wellness Home Learning:

1. Exercise! If you need motivation check out our suggestions (also in the OneNote!)

Div 2: [VIDEOS](#) ([Web view](#))

2. Have you finished your emotional health project? Please finish and share your emotional health project with your teacher.

Div 1: Please email:

Alan – Alaubenstein@theparkerschool.org

Kafi – Kbeckles@theparkerschool.org

Div 2: [Directions for Posting Presentation](#) ([Web view](#))

3. Flipgrid Challenge! PART 2!

For this week's flip grid assignment, we want you to post your best selfie while you're outside exercising! Could be in the woods on a hike, walking your dog, jumping on the trampoline (be careful! 😊) or doing anything else physically active outside.

[Flipgrid Week 6](#)

Week 6 Physical Activity Home Learning:

Week 6 Day 1 (from Amy):

- (3) 20 min walks (morning, after lunch, before dinner)
- Skateboard, jump rope, shoot baskets (20 min)
- Zumba [30-Minute STRONG by Zumba® Cardio and Full-Body Toning Workout](#)

Week 6 Day 2 (from Alan):

Gauntlet 6

- Jog 10 minutes
- 5 Jumping Jacks
- Walk 1 minute
- Butterfly-10 seconds
- Jog 5 minutes
- 20 sit ups



- Sprint 20 yards
- 5 push-ups
- Walk 1 minute
- Plank for one minute
- Repeat

Week 6 Day 3 (from Kafi):

- 15 Minute HIIT Workout - No Equipment HIIT Cardio At Home
 - <https://www.youtube.com/watch?v=0DSrudz6IVY>
- Your 10-Minute, No-Equipment, Total-Body Workout
 - <https://blog.myfitnesspal.com/10-minute-no-equipment-total-body-workout/>
- 15 Minute Guided Meditation
 - <https://www.youtube.com/watch?v=p29mwfzpNc4>

Week 6 Day 4 (from Henry):

- (3) 20 min walks (morning, after lunch, before dinner) - Get outside!
- Follow this workout: [INTENSE AT HOME UPPER BODY WORKOUT \(No Equipment\)](#)
- Throwback: Wii Sports day! Break out that old Wii and Plays some wii Sports classic or Wii Sports resort for 30 minutes!
- Ping pong challenge! Have a mini tournament with your family.