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Movement Monday	10's on Tuesday	Wednesday Walks	Sledding Thursday	Fun Friday
Set up an obstacle course and see how fast you can do everything. Do your times get slower or faster the more you go through the obstacle course.	Example exercises Various planks for 10 sec, Burpees, squats, jumping jacks, lunges, mountain climbers, push ups, bicycle crunch, wall jumps, step ups what do you like?	Find a place to go for a 30 minute walk, enjoy the sun and nature in the Morden/PV area	Hop on a bike or scooter and do this for at least 20 minutes	Put on some music and move around to it, find just dance on youtube, get outside and play a game. Eat well, smile and laugh....just have fun!
10 Create an obstacle course and go through it 10 times.	11 10's on Tuesday workout routine , listed on next page	12 Go for a walk around your block.	13 Get on your sled and find some hills! If you don't have a sled, slide down the hill on your belly.	14 Get outside and move, have fun while doing this. If it's too cold, check out some of the youtube links below.
17	18	19	20	21

Obstacle Course - Using items from your house, build an obstacle course either inside your house or outside in your backyard. Be as creative as you can. Time how long it takes you to complete the course and see if you can get better times or challenge family members.

10's on Tuesday workout order - Do 10 of each exercise for 3 sets

- Jumping Jacks
- Side bends
- Burpees
- Mountain climbers
- Squats
- Plank for 30 seconds
- Tuck Jumps
- Banana Rolls

Fun Friday links: Coach Corey Martin has some fun online brain breaks - here is one called Winter Run

[▶ Winter Chase - Brain Break | Winter Run \(GoNoodle Inspired \)](#)

In French Mme Mindset has some great ones as well - here is a 'would you rather?' activity

[▶ BRAIN BREAK - WOULD YOU RATHER? \(FRENCH\) L'HIVER \(DPA/APQ\)](#)

