

Weekend Move



Start off the week active

Activity	Duration	Notes
First week Stay active throughout the week! This week's challenge to start of is complete a portion of the poco trail (using Map My Run, track progress as proof (https://play.google.com/store/apps/details?id=com.mapmyrun.android2&hl=en&gl=US) (https://apps.apple.com/us/app/map-my-run-by-under-armour/id291890420) (minimum of 4 km) or take a picture at the top of the Coquitlam Grind while accompanied by a parent/guardian and hold a visible sign that reads "Move4Mana" or "M4M"	4km~ OR The crunch	Remember to take a picture of yourself and with your parent/guardian that says "MOVE4MANA" or "M4M"

COVID-19 Considerations: Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the class' overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!