**Lesson: Fitness**

**June 1-5, 2020**

**Objectives: Students will utilize fitness skills and concepts.**

**Activities:**

**Perform spider-verse warm up video:** <https://www.youtube.com/watch?v=15BWn39QYY0>

**Alphabet Fitness: you can spell out your first name, last name, classroom teacher’s name, or school name. Please see next page.**

**Extra if you like:**

**Challenge: How fast can you wind bowl?**

 **Check out how Mrs. Torok did.**

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