**Lesson: Fitness**

**June 8-12, 2020**

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

**Activities:**

**Go noodle pump it up: https://family.gonoodle.com/activities/pump-it-up**

**Coin flip dash: https://youtu.be/VBkwBqeysCk**

**Penguin Challenge: https://youtu.be/TGrDdGA-JEk**

**Extra if you like:**

**Challenge: Can you fold 10 pieces of clothes in 1 minute? Check out how Mrs. Torok did.**