**Lesson: Fitness**

**May 25-29, 2020**

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

**Activities:**

<https://m.youtube.com/watch?v=3_oIssULEk0> kids warmup video

<https://www2.heart.org/site/DocServer/KHC_25_Ways_to_Get_Moving_at_home.pdf> 25 ways too get moving- choose 5 and repeat 5 times, or do each option once.

**If these links do not work, please refer to 35 minutes of** [gonoodle.com](http://gonoodle.com)

**Extra if you like:**

**Challenge: Towel flip: Can you flip the towel over in one minute?**

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