Dear Students and Parents,

Your assignment for this week is below.

Fast Break 1 - <https://vimeo.com/349497602>

Tossing Challenge - <https://www.youtube.com/watch?v=kwyPDzDRCSA>

Fast Break 2 - <https://vimeo.com/349497206>

Please complete all the above activities.

Don't forget to do some Go Noodle Activities on your own!

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

Regards,

Mr. Jacobs