**Remote Learning Lesson 8**

Grade 4th, 5th, 6th

5 Minute Move - https://www.youtube.com/watch?v=u0\_1QBQ8Syk

5 Minute Move Featuring Betsy | The Body Coach TV

Join me and Betsy for this awesome 5-minute workout.

www.youtube.com

Stacks and Jacks - https://www.youtube.com/watch?v=wvk7RMEhN8Q

PE at Home: Stacks & Jacks- 3 Stack Challenge

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www.youtube.com

Please complete all the above activities.

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

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

Grades 1,2,3

Grade 4th, 5th, 6th

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