**Phys Ed Assignments Week 10**

Week of May 18th-22nd

Grade 4th, 5th, 6th

Wake Up - <https://www.youtube.com/watch?v=ALrdpsWYoJs>

Wake Up - Fresh Start Fitness | GoNoodle

A slow and easy workout to wake up your body - perfect to get moving but not sweating! This video comes from GoNoodle’s Fresh Start Fitness channel. Fresh Start Fitness helps kids get fit with an awesome (and intense) fitness concert. Create a free account on GoNoodle.com now and find hundreds of ways to move! -- http://goo.gl/3h3tKp Have you ...

www.youtube.com

Cupid Fitness - <https://www.youtube.com/watch?v=5dtOHpnfI4w>

PE at Home: Cupid Fitness Capacity Shuffle from OPEN physed

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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

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Regards,

Mr. Jacobs