



## 6<sup>th</sup> Class PE – Week May 25<sup>th</sup> – 29<sup>th</sup>

### 10 Fun Activities

- Activities start slow but do get harder
- 20 or 30 reps of each exercise at a **fast pace**
- Follow the video for your rest after each activity

Work hard & enjoy!

<https://youtu.be/h3Xrtm0IVnY>

Copy & paste link for video of this lesson