

WEEK 4 - JULY 13, 2020 TO JULY 16, 2020

TUESDAY, JULY 14, 2020

[Click here for the Google Meet](#)

- 6th Grade: 9-9:15am
- 7th Grade: 10-10:15am
- 8th Grade: 11-11:15am

CHOICE: [20-minute Strong by Zumba Video](#) OR [25-minute Kids Workout Video](#)

Fitness Game: [Coin Flip 400-meter Dash Game](#)

THURSDAY, JULY 16, 2020

[Click here for the Google Meet](#)

- 6th Grade: 9-9:15am
- 7th Grade: 10-10:15am
- 8th Grade: 11-11:15am

Fitness Activity: [30-minute Workout Video](#)

Game: [Flip Your Lid Game](#)