

Gym and Music

Gym and Music Coronavirus Greatest Hits

www.gonoodle.com

“Triangle Dance”

“Fabio’s Meatball Run”

“Pop See Ko 2.0”

“Milkshake”

“Jump, Squat, Turn Around”

“Young Dylan Dance Along Repeat the Beat”

Let's Dance!

<https://www.youtube.com/playlist?list=PLXaMzmg6ByBzicNXJ3gKY9Eksqr-HUZ1A>

Gym/Music Obstacle Course

Run around, jump over, crawl under, go through — your own obstacle course while playing your favorite music!

Fun Activities

<https://www.healthiergeneration.org/articles/3-ways-families-can-promote-fun-wellness-at-home>

BINGO

<https://drive.google.com/file/d/1EpDXZqC2NVhI86u-8aTdXaYl4Yc08Iz/view?usp=sharing>

MUSICATION

Musication Deteggtive Anderson – Percussion Level 1
<https://www.youtube.com/watch?v=y37jIRSR9bA>

Musication Deteggtive Anderson – Percussion Level 2
<https://www.youtube.com/watch?v=QJTa5Ydfhgc>

Musication Deteggtive Anderson – Level 3
<https://www.youtube.com/watch?v=m040v47VJ00>

Musication Deteggtive Anderson – Level 4
<https://www.youtube.com/watch?v=h46O8InPqSw>

REMEMBER — CHECK OUT OUR WEBPAGES FOR MORE ACTIVITIES!

Mrs. White: <https://www.nlsd.k12.oh.us/3/olc/200>

Mrs. Ballantine: <https://www.nlsd.k12.oh.us/3/olc/313>