

# Gym and Music



\*\*\*Here are more exciting things for families to do!

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

\*\*\*Remember—check out our webpages for this week’s packet of activities!

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

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

## *Gym and Music Obstacle Course*

Find things around your house that you can run around, jump over, crawl under, or go through and create your own obstacle course and check with your parents to make sure it is all safe! Play your favorite song and see how many times you can complete the obstacle course while the song is playing. Try to better your repetitions when playing the song again.



[www.gonoodle.com](http://www.gonoodle.com)

There are MANY videos here. Try some oldies but goodies like: “Triangle Dance,” “Fabio’s Meatball Run,” “Pop See Ko 2.0,” or “Milkshake” (just don’t get too loud!!!!)

Or try something new like: “Jump, Squat, Turn Around,” or “Young Dylan Dance Along Repeat the Beat”

Get up and dance! Try

this link: [https://](https://www.youtube.com/playlist?list=PLXaMzmg6ByBzicNXJ3gKY9Eksqr-HUZ1A)

[www.youtube.com/](https://www.youtube.com/playlist?list=PLXaMzmg6ByBzicNXJ3gKY9Eksqr-HUZ1A)

[playlist?](https://www.youtube.com/playlist?list=PLXaMzmg6ByBzicNXJ3gKY9Eksqr-HUZ1A)

[list=PLXaMzmg6ByBzic](https://www.youtube.com/playlist?list=PLXaMzmg6ByBzicNXJ3gKY9Eksqr-HUZ1A)

[NXJ3gKY9Eksqr-HUZ1A](https://www.youtube.com/playlist?list=PLXaMzmg6ByBzicNXJ3gKY9Eksqr-HUZ1A)

Or this one! [https://](https://www.instagram.com/tv/B9-f0CajrL3/?igshid=vxwwsn4zm1og)

[www.instagram.com/tv/](https://www.instagram.com/tv/B9-f0CajrL3/?igshid=vxwwsn4zm1og)

[B9-f0CajrL3/?](https://www.instagram.com/tv/B9-f0CajrL3/?igshid=vxwwsn4zm1og)

[igshid=vxwwsn4zm1og](https://www.instagram.com/tv/B9-f0CajrL3/?igshid=vxwwsn4zm1og)