



## Move your Body for Week 5

### MAA Grades 6-8

**Move your body** for at least 15 minutes each day. If you would like a creative idea for doing this, [CLICK HERE](#).

*I LOVE this social media challenge that came to me from two PE teachers at BHS, Olivia Jennings and Paul Robichaud! It's a 5-day fitness challenge, and if you are not sure what a certain exercise looks like, just click on that letter at the bottom to see a short video demonstration. On Day 2, you will be happy if you have a short name...Stacy Roxanne Williston Eisner Thorne was a killer!! 🏈*