



## MUSD DAILY MOVEMENT CHALLENGE

MUSD'S Physical Education Department is providing students and families with a variety of movement challenges this month. The goal is to complete at least five challenges per week in order to support and enhance overall health and wellness.

<b>Challenge #1</b>	<b>Challenge #2</b>	<b>Challenge #3</b>	<b>Challenge #4</b>	<b>Challenge #5</b>
<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>
<b>Challenge #6</b>	<b>Challenge #7</b>	<b>Challenge #8</b>	<b>Challenge #9</b>	<b>Challenge #10</b>
<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>
<b>Challenge #11</b>	<b>Challenge #12</b>	<b>Challenge #13</b>	<b>Challenge #14</b>	<b>Challenge #15</b>
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<b>Challenge #16</b>	<b>Challenge #17</b>	<b>Challenge #18</b>	<b>Challenge #19</b>	<b>Challenge #20</b>
<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>
<b>Challenge #21</b>	<b>Challenge #22</b>	<b>Challenge #23</b>	<b>Challenge #24</b>	<b>Challenge #25</b>
<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	Complete one field day event of your choice. <a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a> ENJOY SUMMER BREAK!

Have fun Madera. We believe in you!