



Halloween Week!

Hello TFS students. This week for Remote Learning: PE with Jose, we will be celebrating Halloween and looking at the health benefits of Dark Chocolate. Check out the links below! Click, watch, follow along, and have fun :)

Halloween This or That Movement Activity

<https://m.youtube.com/watch?v=gbInDySsstv>

Pumpkin Punch

https://m.youtube.com/watch?v=YL_7WjEkcmU

Pumpkin Punch 2

<https://m.youtube.com/watch?v=OVRJUDXO5rk&t=1s>

See if you can learn something new about this delicious and (in moderation) nutritious treat.



Dark Chocolate

<https://www.hsph.harvard.edu/nutritionsource/food-features/dark-chocolate/>

