



PE @ Home

Online Resources for WES & BFES



<p>Fitness Bingo & Games</p> <ul style="list-style-type: none"> • Fitness Bingo #1 • Fitness Bingo #2 • Fitness Bingo #3 • Flip-A-Coin Fitness • Cap'n Pete's Home Activity Packet • Deck of Cards Fitness • 1 minute Fitness Challenge • March Drop Everything and Move Calendar 	<p>Glenn Higgins Fitness</p> <ul style="list-style-type: none"> • Glenn Higgins Fitness YouTube Page <p>A few of our favorites</p> <ul style="list-style-type: none"> *Avengers Workout *Fortnite Workout *Harry Potter HIIT 	<p>Would You Rather Fitness</p> <ul style="list-style-type: none"> • Would You Rather Fitness <p>A few of our favorites</p> <ul style="list-style-type: none"> *Superhero Choice *Roblox Version 4 *Justice League Choice *You Choose: Fitness Playlist
<p>Coach Meger Fitness</p> <ul style="list-style-type: none"> • Coach Meger Fitness <p>Tabatas</p> <ul style="list-style-type: none"> *Tabata Workouts 	<p>GoNoodle</p> <ul style="list-style-type: none"> • GoNoodle on YouTube <p>A few of our favorites</p> <ul style="list-style-type: none"> *Indoor Recess *Guided Dance 	<p>Dance</p> <ul style="list-style-type: none"> • SPARK PE Dance Playlist K-5 <p>A few of our favorites:</p> <ul style="list-style-type: none"> *K-2 Dance Favorites *3-5 Dance Favorites
<p>FitnessGram Exercises</p> <ul style="list-style-type: none"> • FitnessGram Tests & How-To's • FitnessGram Self-Log Form 	<p>Cosmic Kids Yoga</p> <ul style="list-style-type: none"> • Cosmic Kids Yoga <p>A few of our favorites</p> <ul style="list-style-type: none"> *Yoga Adventures *For Older Kids *Brain Breaks 	<p>ASAPs @ Home</p> <ul style="list-style-type: none"> • Airplanes • Dead Bugs • Flip Flop • I See, I See • Meet Me In The Middle • The Good Ship SPARK • Toys Alive • Quick Draw
	<p>Downloadable Fitness Apps</p> <ul style="list-style-type: none"> • Sworkit Kids • NFL Play 60 • 7 minute workout for kids • Habitz 	<p>Daily Fitness Journal</p> <ul style="list-style-type: none"> • 2 Week Fitness Log