Fitness and Games

Cap'n Pete's Home Activity Packet
- Flip a Coin Fitness
- Deck of Cards Fitness
- 1 minute Fitness Challenge
- 3-5 Fitness Task Cards
- ABC Fitness Bingo
- Fitnessland Board Game
- K-2 Fortune Teller Activity
- Race to 100
- Cup Stacking

Kid Workouts

Glenn Higgins Fitness
Sworkit Kids
Darebee
FitnessBlender

CALENDARS

March Drop Everything and Move Calendar
April Drop Everything and Move Calendar
2 Week Fitness Log

FitnessGram Exercises 3-5

FitnessGram Tests & How-To's
Build a Better Push Up

The Walking Classroom
(Recommended grades 3-8)

Backyard Obstacle Course using Prepositions
Social Studies Fitness Relay w/ State List -have student create State cards

Yoga and Mindfulness

Cosmic Kids Yoga
Super Scooper Yoga
Rainbow Breathing
Melting
Find Peace
Victorious
3-5
Be Kind to Yourself
Strengthen Your Focus
Manage Your Frustration
Build Patience

Live Classes
Mindfulness

Would You Rather Fitness

Would You Rather Fitness
Superhero Choice
Roblox Version 4
Justice League Choice
You Choose: Fitness Playlist

Dance

Just Dance
Born to Move
Small Foot
Can't Stop the Feeling
Whip and Nae Nae
The Sid Shuffle

Kids Heart Challenge Single Jump Rope Skills:
#1 #2 #3 #4 #5 #6 #7

GoNoodle on YouTube

Run the Red Carpet
Fabio's Meatball Run
Footloose
Raise The Roof
Pop See Ko
Dinosaur Stomp
Chicken Dance
Twist N' Shout
3-5: Fresh Start Fitness
Wake Up
Rock Out
Blast Off
Full Speed
Pump it Up

Video Links

Netflix- TONS and TONS of resources- no subscription needed

Active at Home w/Ben Pirillo
PE w/Coach Wood
PE w/Joe

Apps to download
7 Minute Workout for Kids
NFL Play 60
Habitz

4 Square
Soccer Skills

Basketball

Ball Handling Drills Tutorial
Ball Handling Drills Follow Along
Advanced Basketball Skills

Throwing and Catching

Underhand Overhand Frisbee
The Super 7
Balloon Challenges
Hula Hoop & Balloon Challenges
Foam Noodle Challenges

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We will get back to you as soon as we can!

Tools for creating an active home:
Active Home Resources

SPARK

ASAPs and Games @ Home

K-2
Bounce & Catch
Airplanes
Dead Bugs
I See, I See
The Good Ship
Toys Alive

3-5
Soccer
Flip Flop
Quick Draw