

You Tube Channels for Movement Breaks + Exercise

“Movement isn’t a break from learning; movement is learning “

Here are some channels to check out to keep kids moving and learning.

- Debbie Doo <https://www.youtube.com/user/DebbieDooTV> (ages PS-2)
- The Learning Station <https://www.youtube.com/user/TheLearningStation> (ages PS & up)
- Harry Kindergarten Music <https://www.youtube.com/user/HarryKindergarten> (ages K-2)
- The Kiboomers <https://www.youtube.com/user/KIBOOMU> (ages PS-K)
- GoNoodle | Get Moving <https://www.youtube.com/user/GoNoodleGames> (all ages)
- Koo Koo Kanga Roo <https://www.youtube.com/user/kookookangaroo> (all ages)
- Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga> (in Spanish & English)
- Kidz Bop Kids <https://www.youtube.com/user/KidzBopKids> (all ages)
- Pancake Manor <https://www.youtube.com/user/billyreid> (in English and Spanish, PS -2)
- Harry Kindergarten Music <https://www.youtube.com/user/HarryKindergarten> (K-2)
- Jack Hartmann Kids Music <https://www.youtube.com/user/JackHartmann> (elementary ages)
- Dance Exercise <https://www.youtube.com/user/DanceExercise/videos> (Elementary and up)
- Zumba Kids https://www.youtube.com/results?search_query=zumba+kids (Elementary)
- The Laurie Berkner Band <https://www.youtube.com/user/TheLaurieBerknerBand> (PS to Elementary)
- The Body Coach TV—PE with Joe & 5 min kid workout <https://www.youtube.com/user/thebodycoach1>
- Moe Jones—kid work outs https://www.youtube.com/watch?v=L_A_HjHZxfl&t=78s (age 9 & up)
- Little Sports <https://www.youtube.com/channel/UCTlwFB4ciFi5ZClu-VlwaOg> (ages 10 & up)

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