

ELEMENTARY PHYSICAL EDUCATION PK-5

*Of course the **BEST** activity is to go outside and move, try to raise your heart rate everyday for 60 minutes*

YOUTUBE WARM UP LINKS

<https://www.youtube.com/watch?v=UJeH8gcjuj0>

<https://www.youtube.com/watch?v=U6NZLfxgjlo>

<https://www.youtube.com/watch?v=6pvtNXLiWdE>

Dances: Avocado, Let's Get Ridiculous, Pikachu, Calling all the Monsters, Space Jam

<https://www.youtube.com/watch?v=NXAxWV8-4X4>

<https://www.youtube.com/watch?v=jAuhWjMRCpg>

<https://www.youtube.com/watch?v=G3y5rmqHBgs>

Would You Rather Fitness Challenge?

<https://www.youtube.com/watch?v=jyWyBern6q4>

https://www.youtube.com/watch?v=YC_V8hnU2PY

<https://www.youtube.com/watch?v=c3oeoVsM95s>

<https://www.youtube.com/watch?v=QL2C0X3Gx1U>

<https://www.youtube.com/watch?v=sqZFz44AB78>

<https://www.youtube.com/watch?v=u8lZfNrA17w>

Bop-It Fitness

<https://drive.google.com/file/d/1wt0FSB1ISxphMkCK4qCaZxvOVnHZn2Xe/view>

<https://www.youtube.com/watch?v=YWgH4HSNnLY>

“Old Town Road” Tabata Workout

<https://www.youtube.com/watch?v=z0evAuWFIPs>

https://www.youtube.com/watch?v=4v6Zcc1_tR0

“FortniteFitness” Tabata Workout

https://www.youtube.com/watch?v=4v6Zcc1_tR0

Extra Resources:

www.openphysed.org

www.gonoodle.com/for-families/

www.choosemyplate.gov/resources/myplateplan

www.youtube.com/user/CosmicKidsYoga

Outdoor PE Activities

- 1-Go for a walk
- 2- Jump Rope
- 3- Ride Bike/scooters/roller skate
- 4- Go for a hike
- 5- Shoot baskets
- 6- Play Four square
- 7- Play Catch (Football, Baseball etc)
- 8 - Play some of the games the adults in your family played as kids (ie. red light green light)
- 9 - Frisbee golf
- 10 - fly a kite
- 11 - hopscotch
- 12 - move a mile (see if you can improve your time)
- 13 - kick a soccer ball
- 14 - set up targets (bottles or milk containers) and see how many you can knock over
- 15 - Create a scavenger hunt. Kids looking for treasure. ...
 - Volunteer
 - Go geocaching.
- 16 - set up an obstacle course and see how fast you can go through it
- 17 - create an outdoor fitness circuit
- 18 - play wiffle ball
- 19 - play kickball
- 20 - play dodgeball
- 21 - create your own game and teach your family how to play it