

In response to COVID-19 we have created a collection of resources from SHAPE America, other K-12 health and physical educators, and fitness enthusiasts to help facilitate fun and engaging activities, to ensure students are getting their recommended 60 minutes of physical activity.

Activities at home:

- Create a game day at home
<https://www.activityvillage.co.uk/make-your-own-games>
- Recess at home
<https://www.actionforhealthykids.org/activity/recess-at-home/>
- President Challenge Fitness Test
<https://www.exercise.com/learn/what-is-the-presidents-challenge-fitness-test/>
- Fitness Tracker Challenge
- SHAPE America
https://www.shapeamerica.org/uploads/pdfs/2020/resources/r2g/Ready_to_Go_Take_Home_Packet.pdf

Apps:

- PBS Kids
- Sworkit
- Fitness Tracker
- Play 60

Youtube:

1. Youtube (Yoga)
 - <https://www.youtube.com/watch?v=pkvpiflRBSs>
 - <https://www.youtube.com/watch?v=X655B4ISakg>
 - <https://www.youtube.com/watch?v=xlg052EKMitk>
 - <https://www.youtube.com/watch?v=isanzkHB6Fo>

2. Youtube (HITT)

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

3. Cardio Kids

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

Websites:

- Kidz Bob

Noodle Television: <https://family.gonoodle.com/channels/ntv-noodle-television?s=kidz-bop>

- Just Dance Now

Dance Routines: <https://justdancenow.com/>