The expectation is that you do at least **ONE** Physical Education activity a week. Remember to fill out your log on Teams to get credit!

Super Mario Fitness Challenge
https://www.youtube.com/watch?v=9f_dt2XGrWk&feature=youtu.be

Would you Rather Fitness
https://www.youtube.com/watch?v=G3y5rmgHBgs&feature=youtu.be

Disney Dance Challenge https://www.youtube.com/watch?v=mUSgKSgS4-E&app=desktop

Scavenger Hunt Fitness
https://www.youtube.com/watch?v=oxeesc1SqFk&feature=youtu.be

Hidden Treasure! | Cosmic Kids Zen Den - Mindfulness for kids
https://youtu.be/gj9mTHs46DY

Pump It Up - Fresh Start Fitness | GoNoodle- https://youtu.be/etYhiq9hM8A

Indoor workouts for kids https://www.youtube.com/watch?v=VMj2ZgQgsNA

You can also:

Go outside and play

Take a walk

Ride a bike

Do jumping jacks