

Fitness/Workouts

[Glenn Higgins Superhero/Marvel Workout Videos](#)

Choose your Exercise/Fitness Routines

[Choice Warm-Up](#)

[Choice Warm-Up](#)

[5 Minute Warm-Up](#)

[Choose it Fitness](#)

[Would you Rather](#)

[Finger Fitness](#)

[Finger Fitness](#)

[Full Name Workout](#)

[Odd or Even Workout](#)

[Pick a Card Fitness](#)

[Rock Paper Scissors](#)

[Uno Fitness](#)

[Interstellar Workout](#)

Tabata Workouts

What is a Tabata workout? Tabata training is one of the most popular forms of high-intensity interval training(HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval

[Fortnite Tabata](#)

[Fortnite Tabata2](#)

[Old Town Road Tabata](#)

[Rock That Body](#)

[6 Single Slide Tabatas](#)

This or That and Would You Rather Workouts

[This or That](#)

[This or That](#)

[Would You Rather workouts](#)

Cross Curricular

Click on links to access resources

[Kindergarten Math Exercises](#)
[Math Knockout Multiplication](#)

Yoga

Click on links to access resources

[Yoga + Balance Stunts](#)

[Yoga Poses](#)

[Yoga Poses2](#)

[Yoga Poses 3](#)

[Poses with Chair](#)

[Cosmic Kids Yoga](#)

[Star Wars Mega Balances](#)

[Star Wars Body Poses](#)

Mindful Minute

Click on links to access resources

<https://youtu.be/IZLLj6gX1qk>

<https://youtu.be/ATDRkmh8nIA>

<https://youtu.be/ymackG7rLNY>

<https://youtu.be/c9d5H5sM8z4>

https://youtu.be/u4WK-ps_hxs

https://youtu.be/Edf0kElZq_Y

<https://youtu.be/IXFt2Z2pQC>

<https://youtu.be/v2-cc3tgQMs>

<https://youtu.be/W1y2fb0LPco>

https://youtu.be/4YZI_FnlfxE

<https://youtu.be/VgWqJSZJ8bk>

Dance

Click on links to access resources

[Brandon Herwick Youtube Channel](#)

[Andy Hair/Brandon Herwick](#)

[Randy Spring](#)

[DanSirs](#)

[FitBeatz](#)

[Let's Dance\(light\)](#)

[Let's Dance\(moderate\)](#)

[Let's Dance\(vigorous\)](#)

[Dance Pl3y](#)

[Boom](#)

[Space Jam](#)

[Cotton Eyed Joe](#)

[The Fred](#)

[Ju Fu Kata](#)

[Better](#)

[Happy](#)

[The Goldfish](#)

[Cupid Shuffle](#)

SUPER 7 ACTIVITIES: These are skill based challenges designed to be used as either an instant activity, a focus activity, or at a station. If you have any of these items at home or something similar to challenge yourself.

[Matthew Holben's Activity Share](#)

Heart Hero Activities

https://www2.heart.org/site/SPageServer?pagename=khc_resources_heart_hero_games

SEL Lessons

https://www2.heart.org/site/SPageServer?pagename=khc_resources_social_emotional_learning_lessons

Active Home Study Resources (Free downloads)

<https://openphysed.org/activeschools/activehome>

https://docs.google.com/document/d/1Ct0s2k_f3DDgRj7OgePVBIRgv9SZdSnb8ZNCkrmas/edit?usp=sharing



American
Heart
Association.

25 WAYS TO GET MOVING IN THE CLASSROOM



1

Run in place for
30 seconds

2

Dance party
for 1 minute



3

Stand up and sit
down 10 times



4

Stand up when it's
your turn to read

5

Hot lava!
Keep a balloon in the air
without touching the ground
(make it harder by only
using heads or elbows)

6

Jumping jacks
for 30 seconds

7

Do the
hokey pokey

8

High-five as many
classmates as you
can in 15 seconds

9

Stand up, touch
your toes

10

Wall sits
while reading



11

One-minute
yoga

12

Stretch your
hands high over
your head



13

Arm circles forward for
30 seconds, arm circles
backward for 30 seconds

14

10 frog jumps



15

Standing mountain
climbers for thirty
seconds

16

Stand on one leg, put
your hands up, put your
hands out to the side

17

5 lunges on the right leg,
5 lunges on the left leg



18

Practice spelling,
do a squat for
every vowel

19

Run in place for 30
seconds, check your
heart rate

20

Practice spelling by
doing a jumping
jack for each letter

21

30 second plank



22

Practice math problems, do a
jumping jack every time the
answer is an even number

23

20 leg lifts

24

Ball toss spelling practice.
Toss the ball and say a letter
then toss the ball to someone
else to say the next letter

25

High knees
for 30 seconds