

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Click
Present to
begin!

Healthy body = healthy mind

Superhero Workouts - Get Kids Moving



Harry Potter & Star Wars Workouts - Get Kids Moving



Yoga - Cosmic Kids



BY DANIELLE WIGGIN

@Miss_Wiggin

ADAPTED TO INCLUDE ALL VIDEOS
WITHIN BY BECKY FOELLMER

@Foes4Sports

CLICK FOR MORE!



NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

Just Dance



Dance - Various Channels



Let's Dance - Ben Pirillo

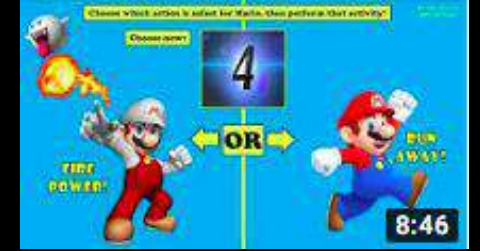


NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

Fitness Fun - Mike Ginicola



PE at Home: Challenges - Mike Morris



Mindfulness and Feel Good Movement - Go Noodle



NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



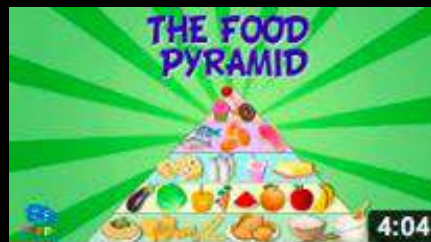
Our Bodies - Peekaboo Kidz



Our Bodies - SciShow Kids



Healthy Eating



THE BATMAN WORKOUT

#GETKIDSMOVING



RETURN
TO

NETFLEX

AVENGERS TABATA WORKOUT



RETURN
TO

NETFLEX

SPIDER- MAN WORKOUT



RETURN
TO

NETFLEX

THE BLACK PANTHER WORKOUT

#GETKIDSMOVING



RETURN
TO

NETFLEX

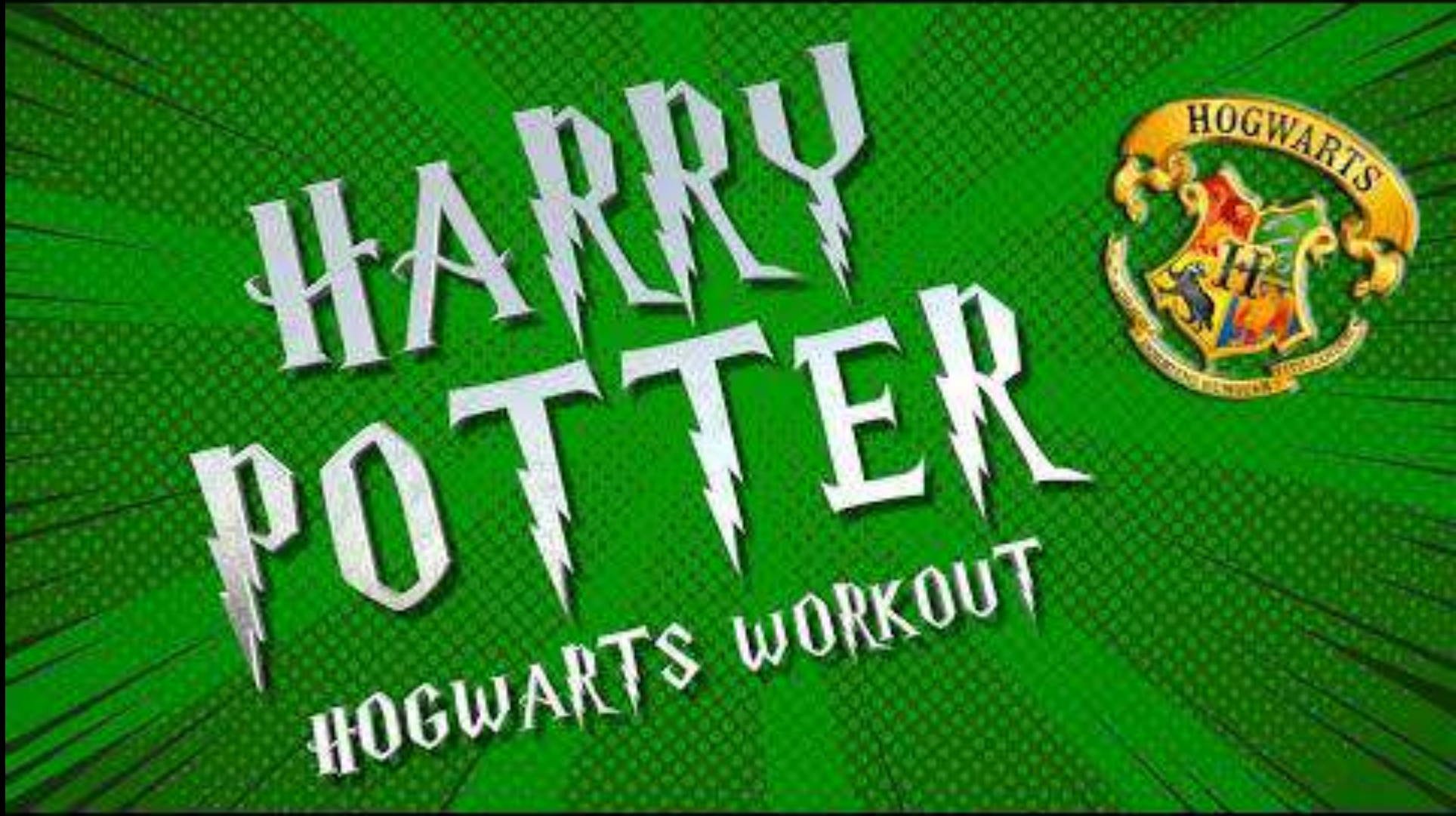
RETURN
TO

NETFLEX

CAPTAIN AMERICA

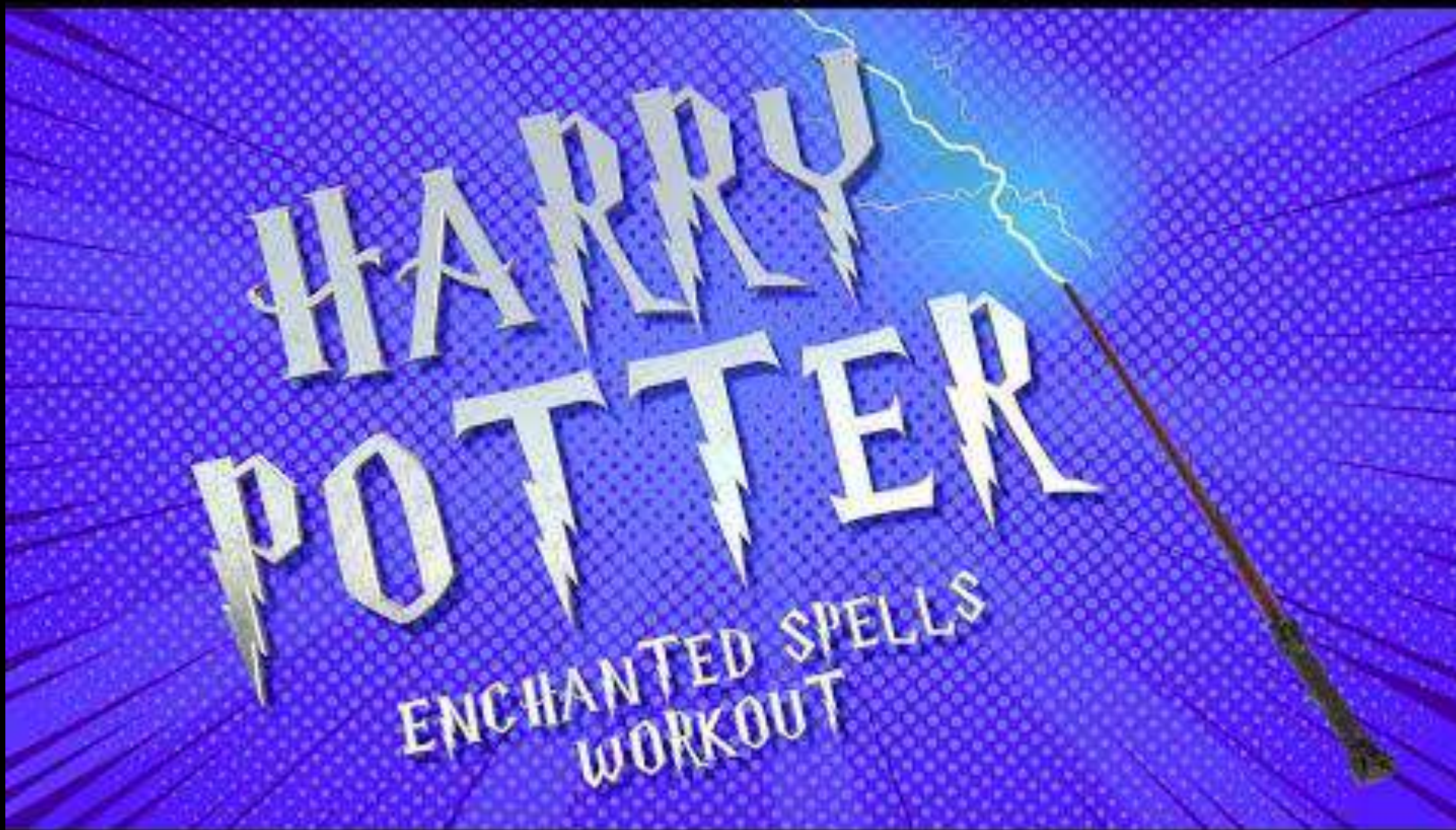
KIDS WORKOUT





RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

FROZEN YOGA

**Cosmic
KIDS!**

RETURN
TO

NETFLEX

POKÉMON YOGA



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

JUST DANCE 2018

WAKA WAKA



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

3TopicsReviewer



Ghostbusters!
If you need a dose

RETURN
TO

NETFLEX

JUST DANCE FANMADE

**OLD TOWN
ROAD (REMIX)**



**RETURN
TO**

NETFLEX



**RETURN
TO**

NETFLEX



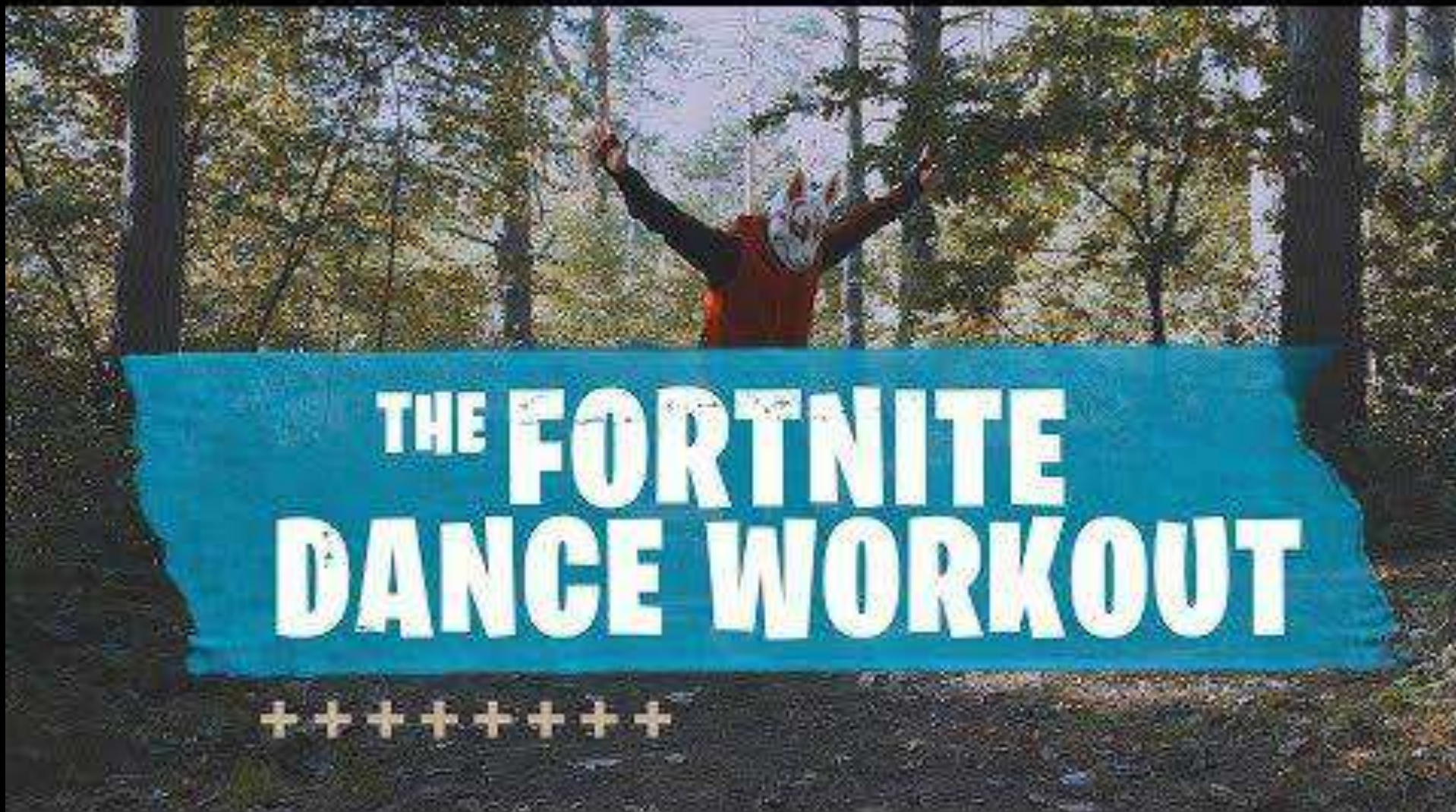
RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



**R
E
T
U
R
N

T
O**

NETFLEX



**R
E
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NETFLEX

Aladdin



RETURN
TO

NETFLEX



**R
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NETFLEX



**RETURN
TO**

NETFLEX



**R
E
T
U
R
N

T
O**

NETFLEX



**R
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R
N
T
O**

NETFLEX



**R
E
T
U
R
N
T
O**

NETFLEX

Choose your favorite by going to that side of room to perform the activity!

By: Mike Divcula
@PhysEdCugat

Choose now:

4

OR



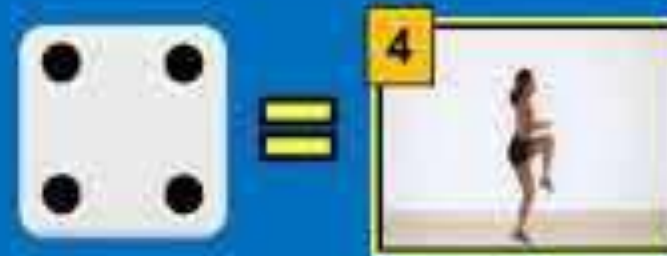
RETURN
TO

NETFLEX

FIT DICE

Roll 1 die to determine which exercise, then roll the die the orange # of times shown for how many reps to do.

By Mike Orszula
@PhysEdDiyat



RETURN
TO

NETFLEX

FAVORITE CHARACTER FITNESS #1



By: Mike Ginicola
@PhysEdDepot



RETURN
TO

NETFLEX

Choose your favorite by going to that side of room to perform the activity!

By: Mike Drevola
@HyattDrevola

Choose now:

1

OR



RETURN
TO

NETFLEX

Choose which action is safest for Mario, then perform that activity!

By Mike Serrano
@mike_serrano

Choose now!

4

**FIRE
POWER!**

OR

**RUN
AWAY!**

**R
E
T
U
R
N
T
O**

NETFLEX

PILLOW FLIPPER

**R
E
T
U
R
N
T
O**

NETFLEX

Plank Tap Challenge

**R
E
T
U
R
N

T
O**

NETFLEX

Bottle Flip Chaos

from OPEN PHYSED

**R
E
T
U
R
N
T
O**

NETFLEX

PANCAKE FLIPPER

from OPEN Physed

RETURN
TO

NETFLEX

MINI HURDLE

CHALLENGE

RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

can't
stop
the
Feeling!



GoNoOodle

RETURN
TO

NETFLEX





RETURN
TO

NETFLEX

Peak
600

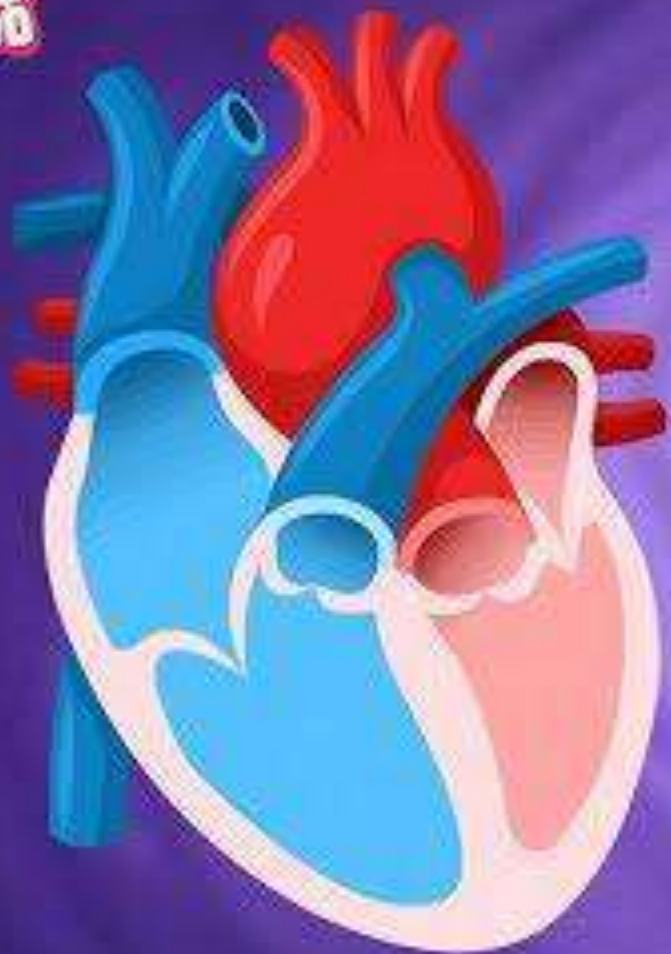
HOW YOUR MUSCLES GROW?



RETURN
TO

NETFLEX

884K
500



HOW YOUR HEART WORKS?



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

PBSK
600

WHY DO WE SWEAT?



RETURN
TO

NETFLEX



WHAT CAUSES BODY ODOR?

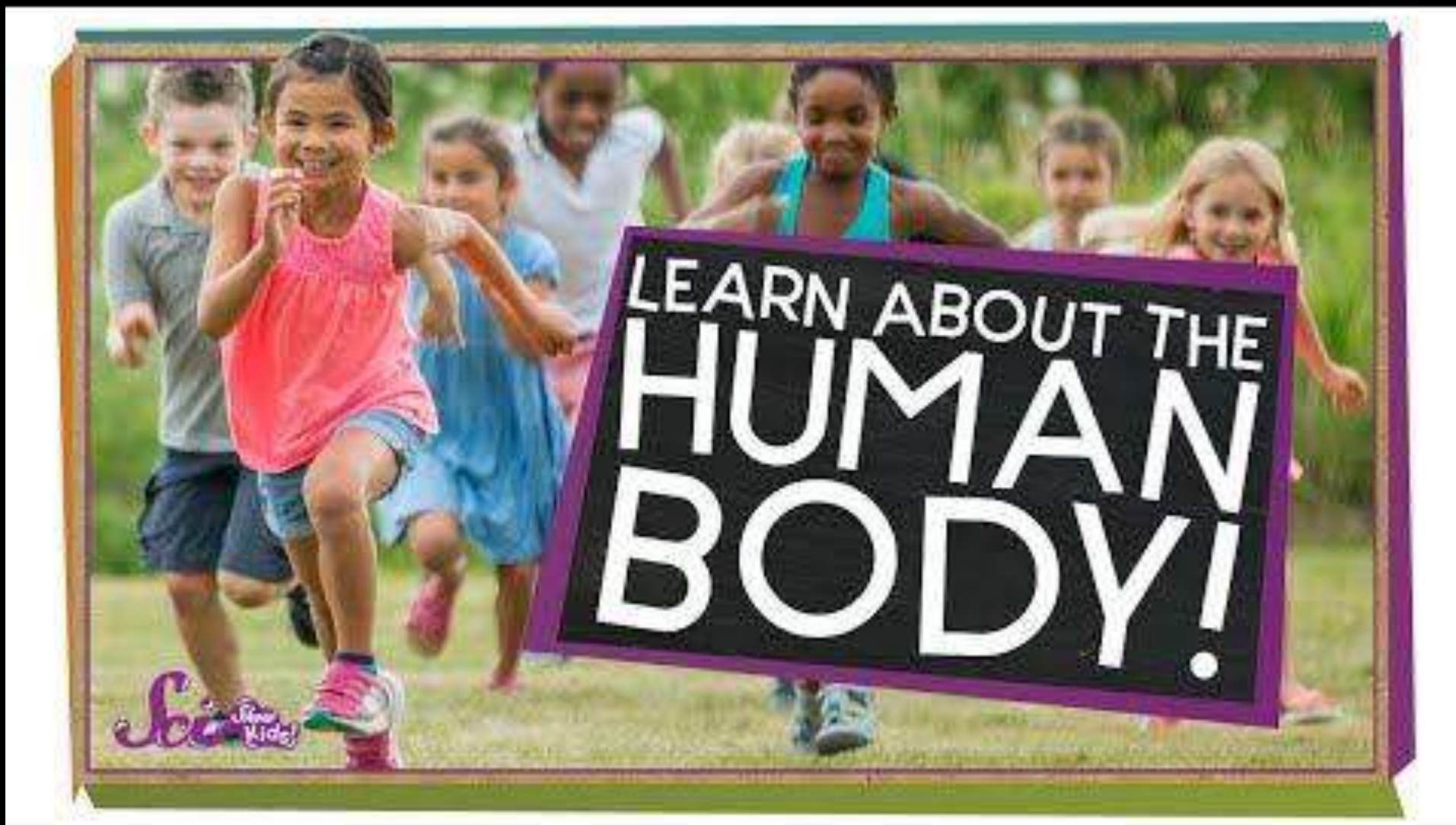


RETURN
TO

NETFLEX

RETURN
TO

NETFLEX

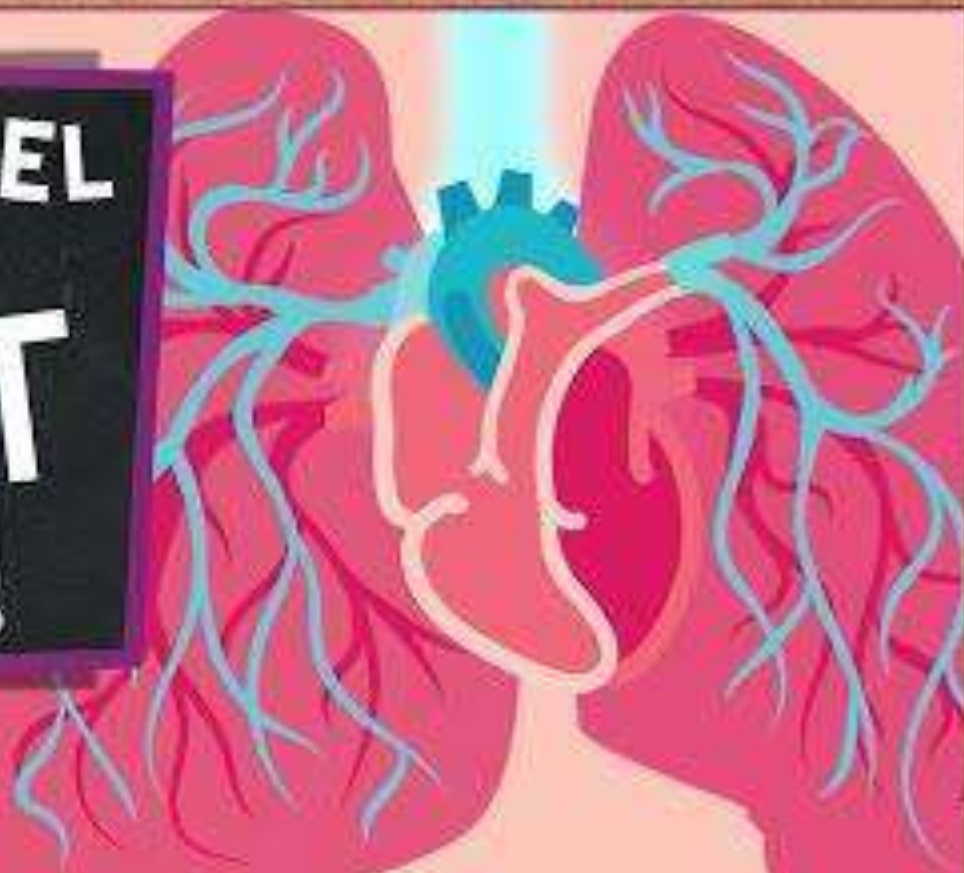


RETURN
TO

NETFLEX

HOW TO FEEL YOUR HEART BEAT!

Sci Kids!



YOUR
SUPER
SKELETON!



Sci Kids!

RETURN
TO

NETFLEX

AMAZING FLEXIBILITY



OPERATION →



RETURN
TO

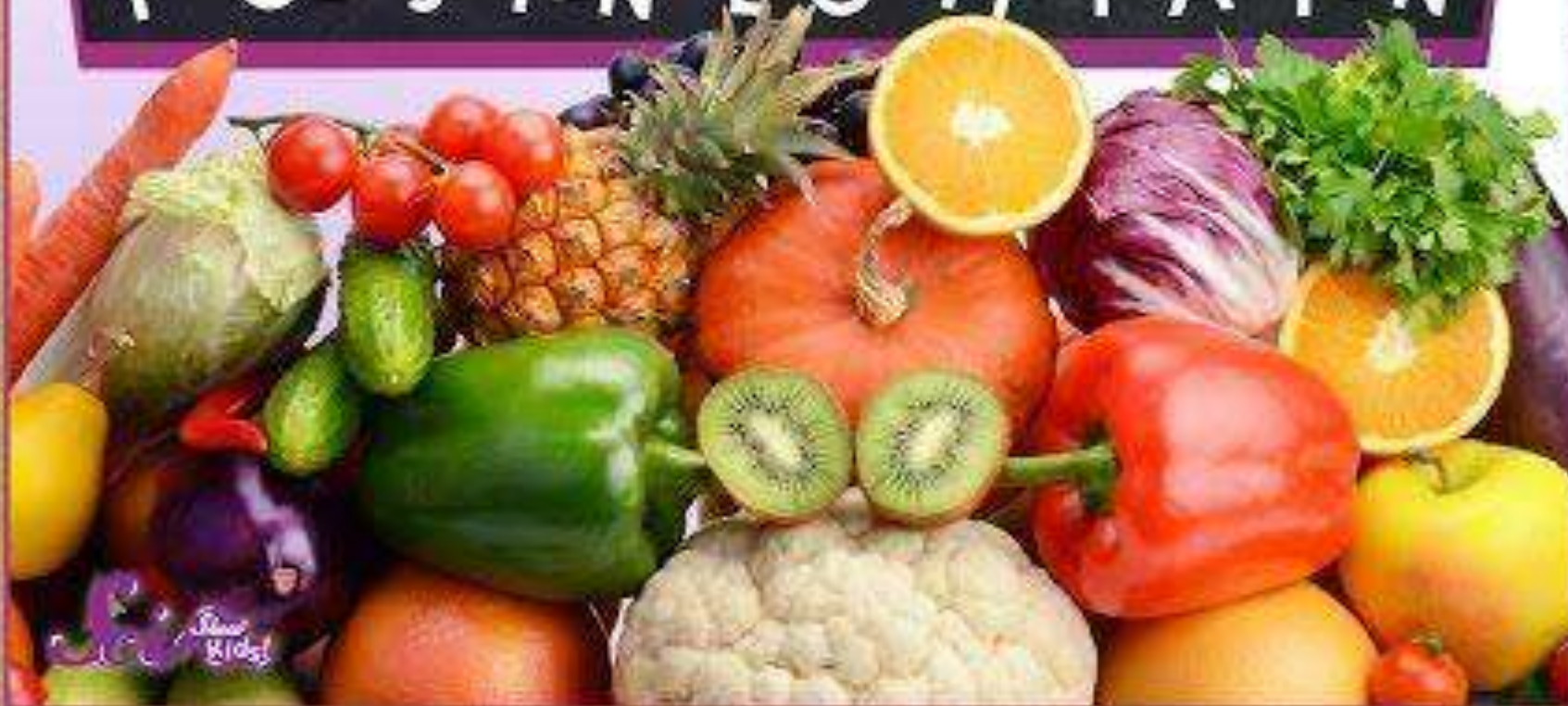
NETFLEX

RETURN
TO

NETFLEX



FOOD SCIENCE COMPILATION



RETURN
TO

NETFLEX

THE FOOD PYRAMID



RETURN
TO

NETFLEX

HEALTHY EATING



RETURN
TO

NETFLEX

RETURN
TO

NETFLEX





RETURN
TO

NETFLEX