

Dance Individual songs: Cupid Shuffle Sid Shuffle This Is Me Cha Cha Slide I like to Move it Eye of the Tiger I like to move it Raining tacos Eye of the tiger waka waka Hebrew Cha Cha Slide Trolls gonoodle Gummy Bear Song magic in the air Macarena - We are all in this together k-1 the Goldfish: h Born to Be Brave: Better: Baby Shark: 2-3 Happy: September: Follow the Leader: Cotton Eyed Joe (Choose Your Challenge): The Fred: The Cupid Shuffle: 3-5 Space Jam: Hey Look M, I Made It: Boom: Intentions: Old Town Road: Dynamite: HIGH HOPES:	Dance Channels: Brandon Herwick Coach Pirillo Coach Gelardi Ross Chakrian SPARK PE Dance Playlist K-5 DanSIRS- Zumba Randy Spring: Dance videos Just Dance Videos Search: Round Hill PE: Fitness Videos Popsuger Beachbody https://vimeo.com/showcase/6880106	Fitness Would You Rather Fitness • Would You Rather Fitness *Superhero Choice *You Choose: Fitness Playlist Avengers Workout --Glenn Higgins Tabata Workouts GoNoodle GoNoodle on YouTube Darebee The Kids Coach Themed HIIT Workouts - Glenn Higgins FitBoost Dance Moves Challenge Themed HITT Brain Boosts Jump Start Johnny Beachbody OPEN 1-Minute Fitness Fitness Ladder Agility Ladders - Matt Pomeroy Harry Potter
Fitness and Card Games Fitness Uno Fitness Card Games Dice Fitness @physeddepot Dice fitness 2	Downloadable Fitness Apps • Seven Minute Workout • Sworkit Kids • Phys Ed tech- many • NFL Play 60	Games/Activities for the Home Games for Home J. Horowitz Super Seven - Kevin Tiller Minute to Win It Timers - over 300 different timers! • Minute to Win It Challenges 108 challenges

Spelling Name Deck of Cards Fitness 1 minute Fitness Challenge Fitness Monopoly Board Games Locomotor Bingo Fitness Bingo #1 Fitness Bingo #2 Fitness Bingo #3 Fitness Bingo #4 Bingo Exercise Mission Impossible Workout folder Card sharks Fitness Simon Cup stacking • Flip A Coin	• 7-minute workout for kids	Minute to Win It Games: You will need supplies to complete these tasks PE Household Item Idea Tank - Becky Foellmer PE Learning packet Create game at home challenge Student Self-Guided Skill Progression Challenges Beat the teacher Putt Putt
Fitness Channels “P.E. with Joe” YouTube Coach Meger Fitness Coach Gerlardi- Physedzone MICHAEL GINICOLA @p	Yoga Cosmic Kid Yoga *For Older Kids *Brain Breaks Yoga Dice/Coin Activity Megyn Taback: Yoga and Pilates videos Mindfulness K-3 Yoga 3-6 Yoga	Family Fitness Kids Fitness Blender Family Fun Cardio Play Fitness Bingo with a family member idea credit to Jarrod Patrick Karnes
Calendar Monthly Calendar Kevin Tiller Take home PE monthly- jason and Tanner Calendar -- monthly workouts • Daily Move https://docs.google.com/document/d/1Po_tIM5bXZaWWNP1BFi8baF1gVbsuQvCvbEQ_74DRqn1w/edit?fbclid=IwAR1i9J2hwTSVpo_Cjlf0dpJ3CVdAqGBtPTBmoVfxJq1ZJ9ANs7	Individual PE colleagues Capt Pete PhysEd Review At Home Resources Mr. Picha’s Home PE Resource Site Mike Morris Jenny Sarasohn Horowitz Mr Ben site	HPE organizations/school Shape America OpenPhysEd.org Gopher at home Jefferson School- layout E-learning packet- everything PE shed Hespe site DynamicPEasap UCES Health and PE

ZbWB2HOnMo	Rob Pohler	
Jump Rope Jump Rope Skills - Ross Chakrian Jump Rope - Jump Ropez Ninja Kung Fu Panda Jump Rope - Andrea Samsky https://twitter.com/CapnPetesPE/status/1240634888774127619/photo/1 JUmp Rope choice MY Jump rope powerpoint	Health Brain Bites - by Lynn Hefele Suffolk Zone CBHPE PECHef Poster friends Health Lessons Tips Brain Hull site High School Resources (William Bode) At Home Physical Activity Guide Health at home -Mike Gincola Health resources	Games For Everyone • Slam Ball • Blindfold Build • Soccer Croquet • Captains Calling • Basketball Challenge
Teaching Apps • Flip grid - discussion boards • Edpuzzle - adding questions to videos • Google Classroom • Quizizz • Nearpod • PE Web apps ○ https://glideapps.glideapp.io/ ○ https://physedfromhome.glideapp.io/ https://docs.google.com/spreadsheets/d/1HYrf1mD1XFARSox6X5P9Kq0zaERlaDLMKUlvxAwHSo8/htmlview	Skills: grocery bags! https://youtube.com/watch?v=j97gzvmPYH0... https://youtube.com/watch?v=416zR8n3DqM... https://youtube.com/watch?v=BCi0dXGUNcA...	Fun Ideas • 60 Activities For Kids • Lego Challenge • Family Scavenger Hunt • Create A Game • Obstacle Course • Creative learning activities • Balance Dice

CREating an app https://docs.google.com/document/d/18K8S39iLtWFv8mhuYVGmMWBq_ipT3DAyNs6Ucr-hDGk/edit

Game <https://docs.google.com/presentation/d/1EvSikbl9WMKK-BIU7nPBleAHkoSxn82oQ1gSo2cY-l8/edit?usp=sharing>

Middle school ideas:

Basketball shot

<https://www.youtube.com/watch?v=0FECPDuKeD8&feature=youtu.be&fbclid=IwAR2B9KCPWi7gHhABQjVr-8HmLOGYW8obnusO-WH-T7rzCWqNcv0KC1-SX5I>