

NETFLEX

Hope you have a great Winter Break. Use this choice board to stay active and try out different workouts.
See you in 2021!

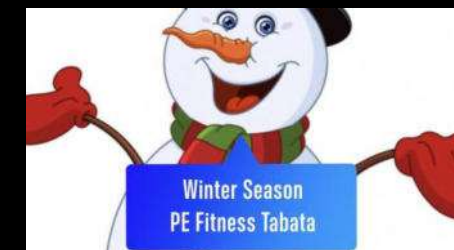


Stay SAFE & Stay ACTIVE!!!

This or That Time



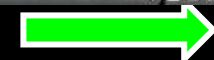
"Would You Rather?" & Tabata



Winter Warmups



CLICK FOR MORE!



NETFLEX

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Full Episodes



Holiday @ Home Challenges & PE Games



Mindfulness and Low Impact Activities



CLICK FOR MORE!

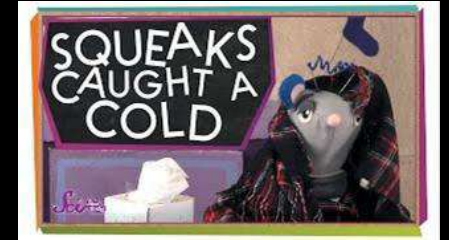


NETFLEX

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See you in 2021!



Our Bodies - SciShow Kids



Stay SAFE & Stay ACTIVE!!!

Winter Fun Facts - SciShow Kids



More Winter Games





THIS OR THAT: WINTER EDITION



RETURN
TO

NETFLEX

THIS OR THAT

SKIING



SNOWBOARDING



00:05

RETURN
TO

NETFLEX

0:09



RETURN
TO

NETFLEX





Hot chocolate with or
without marshmallows?



RETURN
TO

NETFLEX

What would you rather be?

0:01



RETURN
TO

NETFLEX

RETURN
TO
NETFLEX



Rocky Mountain **F I T N E S S**

**COACH MEGGER
TABATAS**

**R
E
T
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R
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O**

NETFLEX



10 Minute

STRETCH



EXERCISE



COOL DOWN

RETURN
TO

NETFLEX

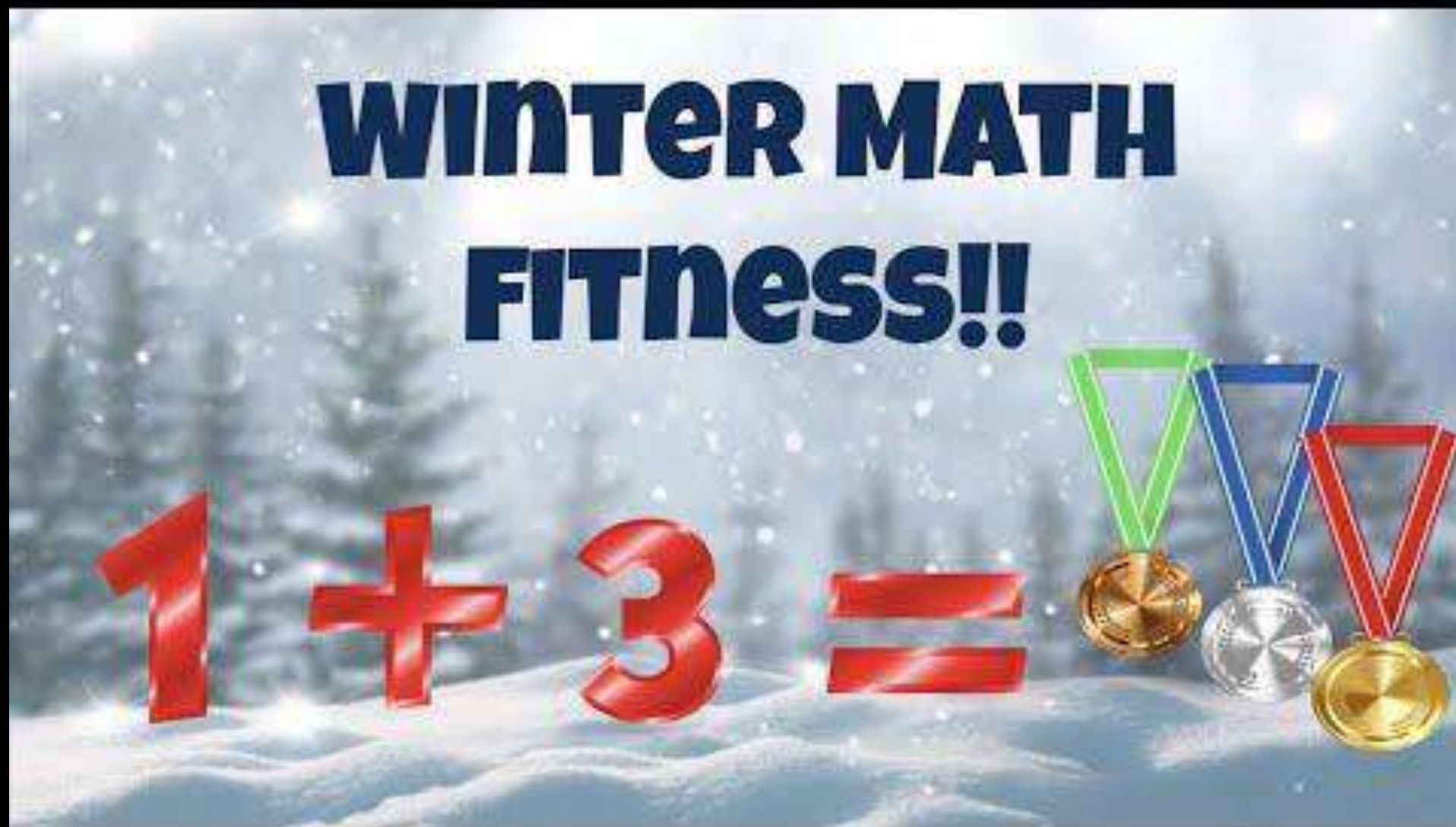


**WHICH IGLOO IS THE PENGUIN
HIDING BEHIND?**



**RETURN
TO**

NETFLEX



RETURN
TO

NETFLEX

SNOW NINJA CHALLENGE

with Sensei Cassie



RETURN
TO

NETFLEX

Choose an exercise:

0:03

DRAW!

1



2



3



4



5



6



25 Minutes of Fitness



EPISODE 1

COACH MEGER
FITNESS GAMES

RETURN
TO

NETFLEX

COACH MEGER

Fitness Games



Coach Meger
Fitness Games

EPISODE 2



25 Minutes
of FITNESS

RETURN
TO

NETFLEX



RETURN

NETFLEX



High Level

Hopping
Skipping
Running
Sliding
Leaping
Galloping

Middle Level

Low Level

Straight Line - Slide - Middle Level

15_s

RETURN
TO

NETFLEX

P.E. 20 Min Warm Up/Workout + Heart Rate

Years old

target heart rate at this level 114 beats per minute Yes

P.E.
Coach
Hayne

Recommended target range: 114 to 177 beats per min

4th Grade -
High School

PUMA



RETURN
TO

NETFLEX

**RETURN
TO
NETFLEX**



RETURN
TO

NETFLEX





Toys In The ToyBox

**R
E
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NETFLEX





Snowflake Pass The Praise

RETURN
TO

NETFLEX



RETURN
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NETFLEX



RETURN
TO

NETFLEX



RETURN
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NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

COLDS, THE FLU, & YOU!



For Kids!

RETURN
TO

NETFLEX



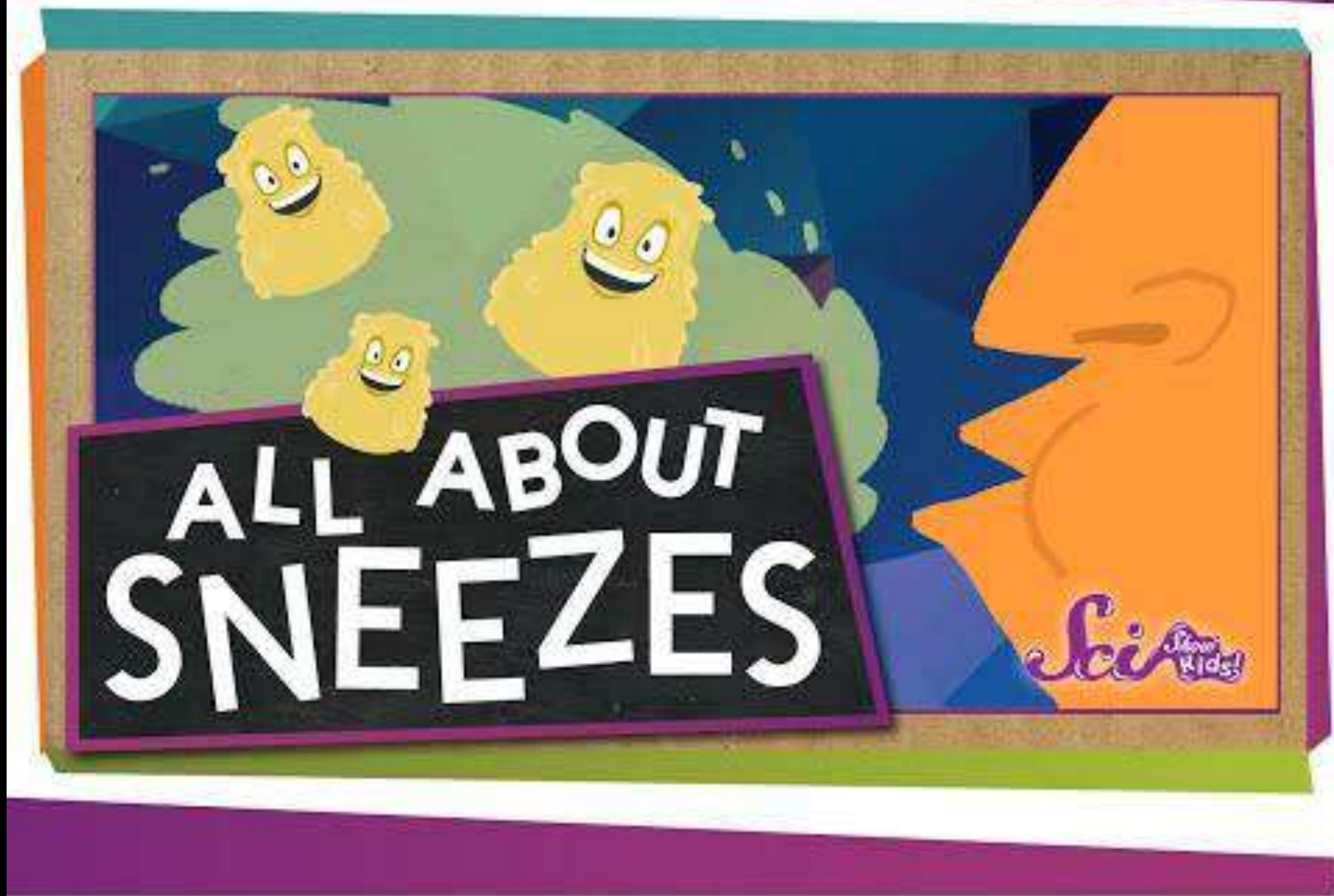
RETURN
TO

NETFLEX



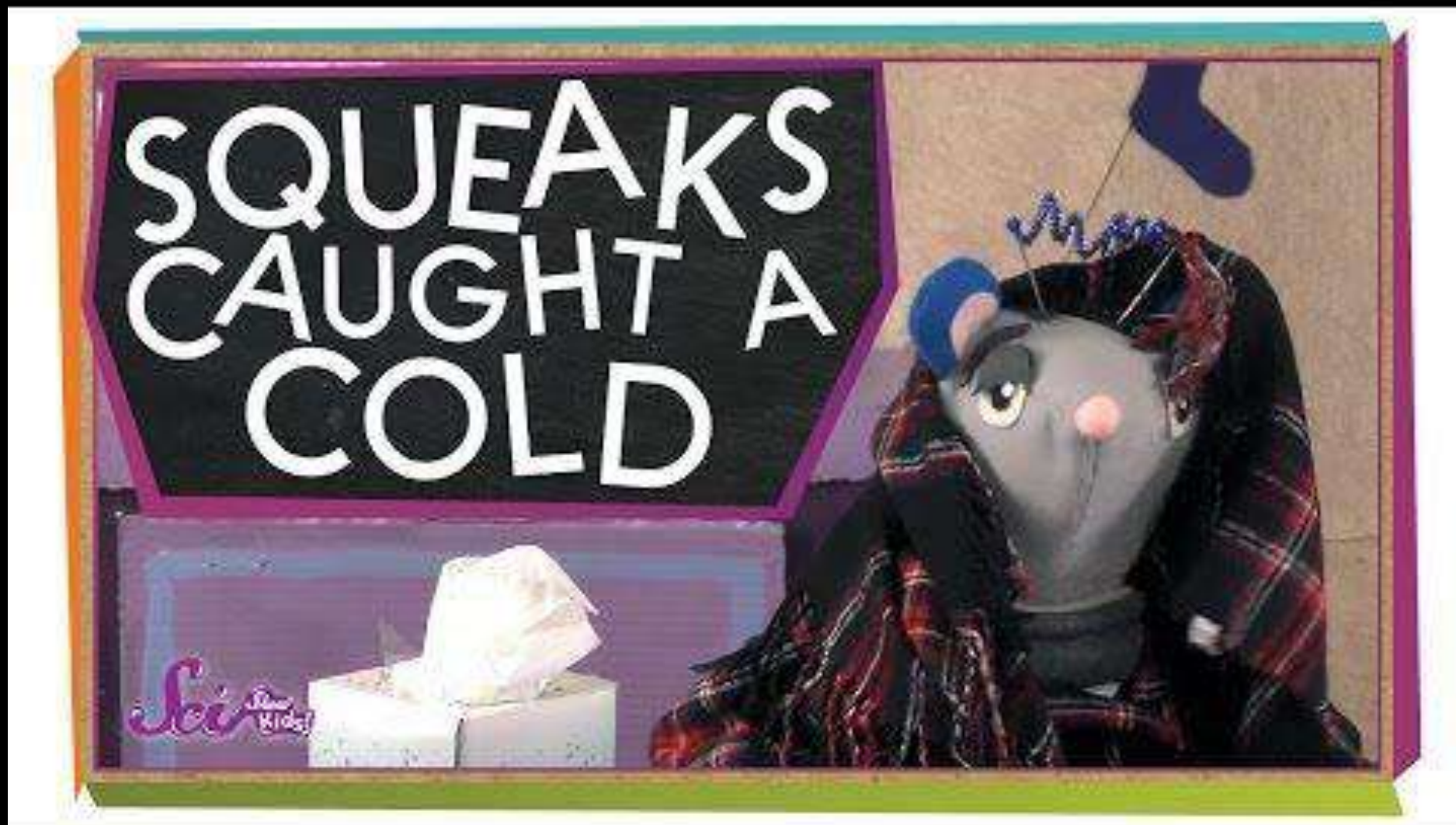
RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX

WHERE DO
SNOWFLAKES
COME FROM?

Sci
Show
Kids!

RETURN
TO

NETFLEX

BUILDING A SNOWMAN!

Sci Kids!



RETURN
TO

NETFLEX



RETURN
TO

NETFLEX



Ski Chase!



**RETURN
TO**

NETFLEX

**R
E
T
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R
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NETFLEX



**RETURN
TO**

NETFLEX

SNOW NINJA CHALLENGE 2



**RETURN
TO**

NETFLEX



RETURN
TO

NETFLEX

Gingerbread Chase!

PG with
Coach
Martin

Run to catch the gingerbread man!

Dodge the obstacles

Swat away the snowballs

Find him to win points!

