

Online Physical Activity Resources

Fresh Prince Theme Song - NTV | GoNoodle

<https://www.youtube.com/watch?v=jPII94fI4i4&list=RDNcFkBs2grBw&index=2>

Twilight The Unicorn of Dreams | A Cosmic Kids Yoga adventure!

<https://www.youtube.com/watch?v=RLOOOjGAM1s>

Squish the Fish | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=LhYtcadR9nw>

Pedro the Penguin Goes to the Fun Fair | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=Rzw-Oir8UPw>

Thought Bubbles | Cosmic Kids Zen Den - Mindfulness for kids

<https://www.youtube.com/watch?v=xUUq0HuSLS0>

The Owl and the Guard Dog | Cosmic Kids Zen Den - Mindfulness for kids

<https://www.youtube.com/watch?v=so8QN9an3t8>

The Listening Game | Cosmic Kids Zen Den - Mindfulness for kids

https://www.youtube.com/watch?v=uUIGKhG_Vq8

KIDZ BOP Kids - Best Day Of My Life (Dance Along)

<https://www.youtube.com/watch?v=sNog54ovi8Q>

KIDZ BOP Kids - KIDZ BOP Shuffle (Dance Along) Spider-man yoga compilation | Cosmic Kids Yoga

<https://www.youtube.com/watch?v=QfzRP6V5rE4>

Star Wars (The Force Awakens) | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=coC0eUSm-pc>

ZUMBA KIDS - Electronic Song - Minions

<https://www.youtube.com/watch?v=FP0wgVhUC>

Zumba Kids (easy dance) - I like to move it

<https://www.youtube.com/watch?v=ymigWt5TOV8>

KIDS EXERCISE VIDEO - fun workout for 3 to 9 year olds - toddlers exercises

<https://www.youtube.com/watch?v=BDYd2qFR45o>

Trolls: Can't Stop The Feeling | GoNoodle

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

10 min Kids Cardio Workout - HIIT - 30s/20s Intervals - No equipment
Exercise with your own music

<https://www.youtube.com/watch?v=kAXg3cM0UCw>

Kids Daily Exercise - Day 1

<https://www.youtube.com/watch?v=T8jl4RnHHf0>

Yoga for Kids!

<https://www.youtube.com/watch?v=X655B4lSakg>

Brain Breaks - Action Songs for Children - Move and Freeze - Kids Songs
by The Learning Station

<https://www.youtube.com/watch?v=388Q44ReOWE>

Kids Learn a Dance to "Can't Stop the Feeling" by Justin Timberlake!

<https://www.youtube.com/watch?v=9sxifR0Ltqk>

*****Parents the following video has tumbling stunts like forward rolls...please review before your child does this video. You can tell your child to do only the dance steps and not the rolls.

HIP HOP DANCE CHOREOGRAPHY - Hiphop Kids Dance Video

<https://www.youtube.com/watch?v=2d9mqLxYRyU>

KIDZ BOP Kids - Make Some Noise (Dance Along)

https://www.youtube.com/watch?v=6QObE0zvN_E

KIDZ BOP Kids - Juju On That Beat (Dance Along)

<https://www.youtube.com/watch?v=7glxOu2-CoA>

KIDZ BOP Kids- Whoomp! There It Is (Dance Along)

<https://www.youtube.com/watch?v=LgPtJ0pTutc>

KIDZ BOP Kids - Thunder (Official Music Video)

<https://www.youtube.com/watch?v=JwcW1YwluCQ>

KIDZ BOP Kids – Havana (Official Music Video)

<https://www.youtube.com/watch?v=8OXf3ufjOsM>

KIDZ BOP Kids - Uptown Funk (Official Music Video)

<https://www.youtube.com/watch?v=ohqYQG-Tlas>

Have a Blast With This Family Fun Cardio Workout!

<https://www.youtube.com/watch?v=5if4cjO5nxo>

Kids Exercise - Kids Workout At Home

<https://www.youtube.com/watch?v=8uUawnM-FD8>

Listen with your own music 27 min Killer Cardio & Ab Workout with No Equipment - Home Workout

<https://www.youtube.com/watch?v=fvlnJpt9FDU>

Banana Banana Meatball - Blazer Fresh | GoNoodle

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

Clap It Out - Blazer Fresh | GoNoodle

<https://www.youtube.com/watch?v=psUPYR235O8>

U Can't Touch This - NTV | GoNoodle

<https://www.youtube.com/watch?v=RbzclzMPylg>

Reacting to believer song gonoodle

<https://www.youtube.com/watch?v=riVp5XjMiig>

KIDZ BOP Kids - Best Day Of My Life (Dance Along)

<https://www.youtube.com/watch?v=sNog54ovi8Q>

GoNoodle Jump

<https://www.youtube.com/watch?v=NcFkBs2grBw>

Bye Bye Bye - NTV | GoNoodle

<https://www.youtube.com/watch?v=58B4TVE-dT8&list=RDNcFkBs2grBw&index=3>

Freeze Dance for Kids | Music for Kids | The Kiboomers

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

Resource: Mrs. Thompson's Picks for Online Elementary Activities @Linda_PMK_PE