

FEELING FIT WORKOUTS (CA PE St. 3)

Workout #1

https://www.youtube.com/watch?v=CL_rKGIkPCA&feature=emb_logo

Workout #2

<https://www.youtube.com/watch?v=4S2Ad8VGXAk>

Workout #3

https://www.youtube.com/watch?v=MX_OLzXf9m0

Workout #4

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

Phys-Ed Home (CA PE St. 1)

Move-up Toss Challenge: Tossing game with rolled up socks at home

https://www.youtube.com/watch?v=UnkfAlf2UsA&feature=emb_logo

Stuffed Animal Pillow Challenge: Using pieces of paper and toys

<https://www.youtube.com/watch?v=YB2I2sA6IkU>

Bop it Challenge: Uses paper rolled up in a ball and 2 paper plates

<https://www.youtube.com/watch?v=CleiNqlb3MM>

Phys-Ed Zone Warm-ups (CA PE St. 1 & 3)

Baby Shark (dance): No equipment needed

<https://www.youtube.com/watch?v=2QYYkB8pfPQ>

Blame it on the Boogie (dance): No equipment needed

<https://www.youtube.com/watch?v=7xW3r86LOt0&list=RD4OLiJ1nrcqk&index=2>

Cha-Cha Slide (dance): No equipment needed

<https://www.youtube.com/watch?v=ucdj9IBHicI>

Dueling Banjos: No equipment needed
<https://www.youtube.com/watch?v=Xs7PudHHZvg>

Eye of the Tiger: No equipment needed
<https://www.youtube.com/watch?v=4OLiJ1nrcqk>

Firework (dance): No equipment needed
<https://www.youtube.com/watch?v=ebq4KBwjr60>

Gummy Bear (dance): No equipment needed
<https://www.youtube.com/watch?v=Fa2INMewuX8>

Hamster Dance: No equipment needed
<https://www.youtube.com/watch?v=81fKWc9iuu8>

Head Shoulders Knees and Toes: No equipment needed
<https://www.youtube.com/watch?v=uqhJOEEuVko>

Whistle Reaction Warm-up: No equipment needed
<https://www.youtube.com/watch?v=leyPH9tOrl0>

Wipe Out (dance): No equipment needed
<https://www.youtube.com/watch?v=2CC3byANZvE>

Witch Doctor (dance): No equipment needed
<https://www.youtube.com/watch?v=bTkgPjCpaE>

Other Fitness

Ab workout: No equipment needed
https://www.youtube.com/watch?v=PYvEW_QyTxQ&feature=emb_logo

PI3Y KIDS FITNESS on FACEBOOK

https://www.facebook.com/groups/pl3ykidsfitness?utm_campaign=Online%20Courses&utm_source=hs_email&utm_medium=email&utm_content=85623574&hsenc=p2ANqtz-9Y4Cx790XIjQcQSPgmQj8auGcAKE-czdQiJeWRwTHGw5SVY5nqSHIPcxHcTsWt4UfRqZg6LobTinH6Inn7XpV8d0ZxZA&hsmi=85623574

Other Games

Builders and Bulldozers: Using water bottles

<https://peuniverse.com/video/builders-bulldozers-2/>

Homemade Skee-ball: One long box or ironing board and crates/baskets

<https://peuniverse.com/video/diy-skee-ball-activity/>

Paper Plate Tennis: Towel/blanket, two tall items (chairs), paper plates taped onto a stick, and balloon or rolled up paper

<https://peuniverse.com/video/paper-plate-tennis/>