



# PE @ Home

Online Resources for WES & BFES



<p><b>Fitness Bingo &amp; Games</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Fitness Bingo #1</a></li> <li>• <a href="#">Fitness Bingo #2</a></li> <li>• <a href="#">Fitness Bingo #3</a></li> <li>• <a href="#">Flip-A-Coin Fitness</a></li> <li>• <a href="#">Cap'n Pete's Home Activity Packet</a></li> <li>• <a href="#">Deck of Cards Fitness</a></li> <li>• <a href="#">1 minute Fitness Challenge</a></li> <li>• <a href="#">March Drop Everything and Move Calendar</a></li> </ul>	<p><b>Glenn Higgins Fitness</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Glenn Higgins Fitness YouTube Page</a></li> </ul> <p>A few of our favorites</p> <ul style="list-style-type: none"> <li>*<a href="#">Avengers Workout</a></li> <li>*<a href="#">Fortnite Workout</a></li> <li>*<a href="#">Harry Potter HIIT</a></li> </ul>	<p><b>Would You Rather Fitness</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Would You Rather Fitness</a></li> </ul> <p>A few of our favorites</p> <ul style="list-style-type: none"> <li>*<a href="#">Superhero Choice</a></li> <li>*<a href="#">Roblox Version 4</a></li> <li>*<a href="#">Justice League Choice</a></li> <li>*<a href="#">You Choose: Fitness Playlist</a></li> </ul>
<p><b>Coach Meger Fitness</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Coach Meger Fitness</a></li> </ul> <p><b>Tabatas</b></p> <ul style="list-style-type: none"> <li>*<a href="#">Tabata Workouts</a></li> </ul>	<p><b>GoNoodle</b></p> <ul style="list-style-type: none"> <li>• <a href="#">GoNoodle on YouTube</a></li> </ul> <p>A few of our favorites</p> <ul style="list-style-type: none"> <li>*<a href="#">Indoor Recess</a></li> <li>*<a href="#">Guided Dance</a></li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• <a href="#">SPARK PE Dance Playlist K-5</a></li> </ul> <p>A few of our favorites:</p> <ul style="list-style-type: none"> <li>*<a href="#">K-2 Dance Favorites</a></li> <li>*<a href="#">3-5 Dance Favorites</a></li> </ul>
<p><b>FitnessGram Exercises</b></p> <ul style="list-style-type: none"> <li>• <a href="#">FitnessGram Tests &amp; How-To's</a></li> <li>• <a href="#">FitnessGram Self-Log Form</a></li> </ul>	<p><b>Cosmic Kids Yoga</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Cosmic Kids Yoga</a></li> </ul> <p>A few of our favorites</p> <ul style="list-style-type: none"> <li>*<a href="#">Yoga Adventures</a></li> <li>*<a href="#">For Older Kids</a></li> <li>*<a href="#">Brain Breaks</a></li> </ul>	<p><b>ASAPs @ Home</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Airplanes</a></li> <li>• <a href="#">Dead Bugs</a></li> <li>• <a href="#">Flip Flop</a></li> <li>• <a href="#">I See, I See</a></li> <li>• <a href="#">Meet Me In The Middle</a></li> <li>• <a href="#">The Good Ship SPARK</a></li> <li>• <a href="#">Toys Alive</a></li> <li>• <a href="#">Quick Draw</a></li> </ul>
	<p><b>Downloadable Fitness Apps</b></p> <ul style="list-style-type: none"> <li>• Sworkit Kids</li> <li>• NFL Play 60</li> <li>• 7 minute workout for kids</li> <li>• Habitz</li> </ul>	<p><b>Daily Fitness Journal</b></p> <ul style="list-style-type: none"> <li>• <a href="#">2 Week Fitness Log</a></li> </ul>