**Online PE Resources**

It is recommended for students to receive 60 minutes of physical activity daily! This does not have to be 60 consecutive minutes- it can be 10 here, 20 here, etc. until you reach 60.

\*Always ask for permission first before doing any activity:

* Cosmic Yoga for Kids
  + https://www.youtube.com/user/CosmicKidsYoga
* Go Noodle
  + https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw
* Open Phys Ed
  + https://openphysed.org/activeschools/activehome
* PE Central
  + https://www.pecentral.org/