



<p>Fitness Bingo & Games</p> <ul style="list-style-type: none"> ● Fitness Bingo #1 ● Fitness Bingo #2 ● Fitness Bingo #3 ● Flip-A-Coin Fitness ● Cap'n Pete's Home Activity Packet ● Deck of Cards Fitness ● 1 minute Fitness Challenge ● March Drop Everything and Move Calendar ● Family Scavenger Hunt #1 ● Special Area Digital Bingo ● Kahoot-It! Challenge! ● Kahoot-It! Challenge: Racquets and Paddles (Grades 3-5) 	<p>Glenn Higgins Fitness</p> <ul style="list-style-type: none"> ● Glenn Higgins Fitness YouTube Page <p>A few of our favorites</p> <ul style="list-style-type: none"> *Avengers Workout *Fortnite Workout *Harry Potter HIIT 	<p>Would You Rather Fitness</p> <ul style="list-style-type: none"> ● Would You Rather Fitness <p>A few of our favorites</p> <ul style="list-style-type: none"> *Superhero Choice *Roblox Version 4 *Justice League Choice *You Choose: Fitness Playlist
<p>Coach Meger Fitness</p> <ul style="list-style-type: none"> ● Coach Meger Fitness <p>Tabatas</p> <ul style="list-style-type: none"> *Tabata Workouts <hr/> <p><u>Beach Body Kids Workouts!</u></p>	<p>Cosmic Kids Yoga</p> <ul style="list-style-type: none"> ● Cosmic Kids Yoga <p>A few of our favorites</p> <ul style="list-style-type: none"> *Yoga Adventures *For Older Kids *Brain Breaks 	<p>ASAPs @ Home</p> <ul style="list-style-type: none"> ● Airplanes ● Dead Bugs ● Flip Flop ● I See, I See ● Meet Me In The Middle ● The Good Ship SPARK ● Toys Alive ● Quick Draw
<p>FitnessGram Exercises</p> <ul style="list-style-type: none"> ● FitnessGram Tests & How-To's ● FitnessGram Self-Log Form 	<p>Downloadable Fitness Apps</p> <ul style="list-style-type: none"> ● Sworkit Kids ● NFL Play 60 ● 7 minute workout for kids ● HabitZ 	<p>Daily Fitness Journal</p> <ul style="list-style-type: none"> ● 2 Week Fitness Log
<p><u>"P.E. with Joe" YouTube</u></p> <p>He will be adding a new workout video every day Monday-Friday!</p> <p>No equipment required!</p>		