

# FITNESS & PE RESOURCES

Hey students and parents!

I hope everyone is staying safe out there. I will miss teaching you in PE & Fitness classes while we are not at school, but the good news is you already have all the skills, tools and knowledge you need to keep your body healthy.

We hope you can use all that we've learned in PE/Fitness this year to stay active each day and if it's safe and the weather is nice you could even try to get outside and play, go for a walk, shoot some hoops, etc. to keep yourselves active.

I've included some daily workouts for you to try out and also linked up a ton of resources and activities that we encourage you to check out!

Stay Safe, Have Fun and Keep Yourself Active!

- **Free Customizable Kid Workout Program**
  - [Sign up for Sworkit](#) and use them for follow along workouts for kids
  - (they have a free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the "Kids Workouts" section after logging in)
- **Free One Page Paper Workouts from Darebee.com ([Pick any of them here](#))**
  - 4 minute warmup: <https://darebee.com/workouts/4-minute-warmup-workout.html>
  - Beginner Circuit: <https://darebee.com/workouts/beginner-circuit-workout.html>
  - Quick HIIT: <https://darebee.com/workouts/quick-hiit-workout.html>
- **Online Follow Along Workouts**
  - For example check out [Fitnessblenders Youtube Channel](#)
  - Another good one for Kids Workouts is [Glenn Higgins Fitness](#)
  - Do a [Would you Rather Workout Video](#)
- **Tons of at Home Activities and Resources**
  - [Active Home Resources](#) from OPEN Phys Ed
  - [Here's some examples from SHAPE America](#)
  - <https://physedreview.weebly.com/-at-home-resources.html>
- **Home Activity Packets:**
  - <https://www.dropbox.com/s/7woiccdaxthd1c7/Capn%20Petes%20Home%20Activity%20Visual%20Packet.pdf?dl=0>
  - <https://www.cbhpe.org/projector>
  - [PE Follow Along Videos Collection](#)