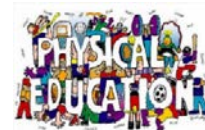




WCSD6 K-5 PE

Remote Learning 2020



Fitness Activities	Skills & More	Dance/Workout Videos	Make Your Own Equipment for Free!
<p>Dice Fitness A fun way to get fit by yourself or with family</p>	<p>Balloon Striking Striking activities to help with hand eye coordination</p>	<p>Super Hero Workouts Avengers Tabata Star Wars Jedi Workout Captain America</p>	<p>Make Paper Dice for Dice Fitness</p>
<p>Alphabet Fitness Spell your name with the fitness alphabet. Try your vocabulary words!</p>	<p>Catch Quest Fun tossing and catching activities.</p>	<p>Kidz Bop Dance Videos 34 Min of Dancing!</p>	<p>Make a Ball to Juggle and Toss All you need is a sock and some rice!</p>
<p>HITT The Deck Fitness Just a deck of cards and you're set!</p>	<p>Single Balances Try these balances, making sure to have an adult monitor for safety.</p>	<p>Fresh Start Workouts Pump It Up Full Speed</p>	<p>Make Yarn Balls For tossing, catching, and striking activities.</p>
<p>You Choose It Fitness A great dice fitness activity for all levels.</p>	<p>Soccer Pass Quest Use a ball or make your own to try out these passing activities.</p>	<p>Just Dance Videos Waka Waka Happy</p>	<p>Make A Frisbee Use paper plates and be as creative as you want!</p>
<p>Uno Fitness If you have a deck of Uno cards, you're ready to have fun and get fit!</p>	<p>Skee-Ball at Home Use laundry baskets for ski ball, or socks and baskets for tossing games</p>	<p>Learn A Dance Can't Stop The Feeling</p>	<p>Make a Soccer Ball Recycled materials and plastic bags!</p>
<p>Six in A Row Super fun game that can be played with a family member. Better than bingo!!</p>	<p>Indoor Bowling Use cups, recycled bottles, pringles cans as targets for bowling.</p>	<p>Better When I'm Dancing-Choreography</p>	<p>DIY PE Equipment Free and easy! 4 easy items you can make with things you already have at home. Scarf Juggling</p>
<p>Super Hero Warm Ups The Flash Catwoman Spider-Man Black Widow</p>	<p>Speed Stacks at Home If you already have a set or need to make a set, these are great for any level.</p>	<p>Ice Age – Continental Drift</p>	<p>Movement Dice 3 easy movement cubes you can print or make on your own.</p>
<p>FREE iPad Apps A list of free iPad apps for all levels.</p>	<p>Family Scavenger Hunt Scavenger Hunt #1 Scavenger Hunt #2</p>	<p>Cosmic Kids Yoga An entire channel with fun yoga adventures!</p>	<p>Paper Plate Tennis Try these striking activities using materials you already have at home</p>
<p>Skip Count Fitness 10's, 4's, 3's Get better at math while you get fit!</p>	<p>Movement & Learning Tons of academic activities. Time, Fractions, Letters!</p>	<p>GoNoodle Almost 200 videos for kids to dance and move along to!</p>	<p>Brain Break Cards Print and cut or create your own with paper or popsicle sticks!</p>