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Health and Physical Education Teacher

7-12 Physical Education Resources

Below is a list of resources available for your children. The goal is for each of my students to be physically active for at least 30 minutes each day that they are not in school. There are a million ways to be physically active, but here are some added resources that will hopefully make staying active a little more enjoyable. Thank you

40 At Home Fitness and Sports Education Instrumental Videos

https://docs.google.com/document/d/1UoznF5k7_1ch8NanDbyq2A5Hwtcus9_cNHGkqGvRYGk/edit

HASfit Instructional Workout Videos

<https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>

Yoga/Plyoga and Many More At-Home Workout Videos

https://www.youtube.com/watch?v=6zX_5rkpfyA&list=PL2eEMDPxQVdD8mrt3Z121WCjv7bdZNEri&index=2

Four In-Home Weights Workouts- Great Resource from the Weights Coach at Wahoo

<https://twitter.com/WahooStrength/status/1239353279844241408>

**If you cannot access these, I can send you pictures if interested.

