

**Jordan Arensdorf**

Health and Physical Education Teacher

K-6 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 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](https://docs.google.com/document/d/1UoznF5k7_1ch8NanDbyq2A5Hwtcus9_cNHGkqGvRYGk/edit)

#### **Abundance of different resources- Darabee Workouts are the best in my opinion.**

<https://docs.google.com/presentation/d/1sp0V3jIg2Sg4LpNDUbw168HRrSDpCwboC9ajsXqybZU/edit#slide=id.p>

#### **100 Kids Activities To Do at Home**

[https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/?fbclid=IwAR23k4ZYYIkSqnAjn59iaqA85MeC2WRZ-J734sdIIJ9D0z6OhETqn\\_0LabY](https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/?fbclid=IwAR23k4ZYYIkSqnAjn59iaqA85MeC2WRZ-J734sdIIJ9D0z6OhETqn_0LabY)

#### **Superhero Workouts**

<https://docs.google.com/document/d/13V4WSflWamaNfSeXjTrGgA2IaE4AUJcL99U-Th0wBQw/edit>



