

Physical Activity Resources

Pise

- <https://www.pise.ca/physical-literacy-resources/> under downloads click on the first one (Maximum Engagement in Games and Activities). This has a bunch of activities and games.

YouTube

- Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>
- 20 Online <https://www.youtube.com/channel/UCi2e8jhzHRdndkokcoZ5CWQ>
- Debbie Doo Kids TV (more primary) <https://www.youtube.com/user/DebbieDooTV>
- Kidz Bop <https://www.youtube.com/channel/UCKE0Xnj818IDaHvIcRiq0Bg>
- PE with Jo (more intermediate and more like a workout)
<https://www.youtube.com/playlist?list=PLYCLoPd4VxBvQafyve889qVcPxYEjdSTI>
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Go Noodle

- So many good ones on there

Other Ideas

- Nature walk
- Roll the die/dice workout
 - Each number has a different movement and you complete that many of the movement. For example if 6 is jumping jack you would complete 6 jumping jacks
- Playing card workout
 - Same as roll the die but with playing cards. Each suit has a different movement and the number of the card is how many reps you do.
- Hopscotch
- Make your own obstacle course
- Activities with a ball
 - Dribbling with your feet
 - Dribbling with your hands
 - Throwing against a wall
 - Throwing at a target
 - Playing catch
- Gross motor bingo
<https://theinspiredtreehouse.com/gross-motor-activities-bingo-on-the-go/>
- Spell your name workout <https://www.730sagestreet.com/spell-your-name-workout/>
- Skipping
- Tag