

P.E. Choice Board

K-2

<p>1. Yoga for Kids</p> <p>https://www.youtube.com/watch?v=X655B4ISakg</p> <p>Question: What was your favorite yoga stance? Why?</p>	<p>2. Cardio Workout</p> <p>https://www.youtube.com/watch?v=5if4cjO5nxo</p> <p>Question: Was your heart moving slow or super-fast during the workout? Why?</p>	<p>3. Just Dance</p> <p>https://www.youtube.com/watch?v=f3XyYOLftU4</p> <p>Question: What body part did you work out today during Just Dance?</p>
<p>4. GoNoodle</p> <p>https://www.youtube.com/watch?v=Pwn4beja1QE</p> <p>Question: What is your favorite GoNoodle song? Why?</p>	<p>5. Lazy Monster</p> <p>https://www.youtube.com/watch?v=62YHdKP0RBA&t=52s</p>	<p>6. Home Fitness</p> <p>https://m.facebook.com/homefit83/videos/2639269676308046/?refsrc=https%3A%2F%2Fm.facebook.com%2Fstory.php&rdr</p> <p>Question: What materials did you use for your home fitness?</p>
<p>7. Kids Furniture Obstacle Course</p> <p>Here is an example: https://www.youtube.com/watch?v=v7V_uKNvxxk</p> <p>Kids can grab any pillows, blankets, chairs, furniture to create an obstacle course</p> <p>Question: What did you use to create your obstacle course?</p>	<p>8. Let's Get Fit Count to 100</p> <p>https://www.youtube.com/watch?v=0TgLfF3PMOc</p> <p>Question: Which exercise did you like the most? Why?</p>	<p>9. Freeze Dance</p> <p>https://www.youtube.com/watch?v=I3u_gaOPCGk&list=PLErs7bqR8PTPfNE7yeS4RGNd_xTSAeF5</p> <p>Question: Did you show off your best dance moves? Did you have fun?</p>