

## **Adapted Physical Education Resources:**

Choose a video or exercise based off your child's physical ability. Don't worry if they can't imitate exactly as the video, modify as needed.

### **You Tube Search key words:**

- kids exercise

### **Free Sites:**

1. [www.gonoodle.com](http://www.gonoodle.com): Parents can sign up for free. Students use this in their classroom and are familiar.
2. [www.cosmickidsyoga.com](http://www.cosmickidsyoga.com)
3. <https://vimeo.com/showcase/6880106>: Beachbody kids workouts
4. Kids 20 minute <https://www.youtube.com/watch?v=WmGjxU3Ggko>
5. 10 minute workout. How to get a six pack  
<https://www.youtube.com/watch?v=bIQG2z6EFxI>
6. Kids workout 1 beginners [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfl](https://www.youtube.com/watch?v=L_A_HjHZxfl)
7. Kids HIIT workout 2 <https://www.youtube.com/watch?v=lc1Ag9m7XQo>
8. Workout Dance to burn fat Danielle Peazer  
<https://www.youtube.com/watch?v=jszPZiqEheI>

### **Outdoor Activities:**

Walks: During your walk you can have your child practice the following:

- skipping
- lounches
- hopping
- race
- running to a spot and back

### **Stretches:**

- Touch your toes
- Spread your legs, touch the ground
- Lean to the left
- Lean to the right
- Flamingo stretch
- Arm circles
- Arm circles backwards
- Front to back (hug yourself, Michael Phelps stretch)
- Side to side (washing machine/ chiropractors)

**Warm Ups:**

- Butt kickers
- Jumping Jacks
- High Knees
- Scissor Jumps
- Push Ups
- Sit ups
- Burpees
- Windmills
- Frog jumps
- Jump ropes

Kids songs K-6 (Follow Instructions) · Chicken Dance · Baby Shark · Goldfish

7-12 grade songs to dance to “The Fitness Marshall”

Meghan Trainor

Cant stop this feeling

Thriller