

Hi! Hope you all are well.

Children need 60 minutes of physical activity every day. Here are a few videos to get you started along with some extra activities. Have fun!!! -- Mrs. Shifflett

K-2: <https://www.youtube.com/watch?v=Pwn4beja1QE>
https://www.youtube.com/watch?v=9xng62RWa_k

3-4: https://www.youtube.com/watch?v=t8e4Xtr5_W0
<https://www.youtube.com/watch?v=WmGjxU3Ggko>

5-6 <https://www.youtube.com/watch?v=WmGjxU3Ggko>

Extra Activities

Rainbow Scavenger Hunt

- Find something that is red.
- Find something that is yellow.
- Find something that is orange.
- Find something that is green.
- Find something that is blue.
- Find something that is purple.
- Name a fruit that is red.
- Name an animal that is yellow.
- Name a vegetable that is orange.
- Name a plant that is green.
- Name a flower that is purple.
- Name something outside that is blue.

Sports Drills:

<https://www.youtube.com/watch?v=-0DnDsRCsGI>

<https://www.youtube.com/watch?v=NkPtSwn-tOk>

<https://www.youtube.com/watch?v=vQsV2QWjhOM>

<https://www.youtube.com/watch?v=-1zw-mJnpf0>