

| Title of Resource | Link to Resource |
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| Open Physical Education | https://openphysed.org/activeschools/activehome |
| SHAPE | https://www.shapeamerica.org/covid19-resources.aspx |
| PE Central | https://www.pecentral.org |
| CBHPE | https://www.cbhpe.org/templates |
| NCHPAD | https://www.nchpad.org/ |
| SPARKeacademy | https://www.sparkecademy.org |
| The PE Specialist | https://www.thepespecialist.com/home/ |
| Musical PE Plus | http://www.musicalpeplus.com/MusicalPePlus.com/Welcome.html |
| PE Kansas | https://pe-kansas.com |
| SPARK PE | https://sparkpe.org |
| Fit 5 | https://resources.specialolympics.org/health/fitness/fit-5page |
| Lazy Monster | Free: https://apps.apple.com/us/app/workouts-exercises-at-home/id882240858 |
| Super Stretch Yoga | Free: https://apps.apple.com/us/app/super-stretch-yoga/id456113661 |
| Yoga For Kids | Free: https://apps.apple.com/us/app/yoga-for-kids-daily-fitness/id1405597264 |

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| Sworkit Kids | Free: https://apps.apple.com/us/app/sworkit-fitness-workout-app/id527219710 |
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| Monday Stretch + Skill | Tuesday Strength + Skill | Wednesday Cardio | Thursday Choice+ Skill | Friday GET OUTSIDE |
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| 23 MARCH Super Stretch Yoga + Underhand Roll | 24 MARCH Can Goods as Weights + Underhand Roll | 25 MARCH DANCE MIX | 26 MARCH Construction Movement Slides + Run in place | 27 MARCH Go For a Walk |
| 30 MARCH Squish the Fish Yoga + Overhand Throw | 31 MARCH Yoga + Overhand Throw | 1 APRIL Partner (sibling/parent) exercises! partner exercises | 2 APRIL Stretch, Strength, or Cardio + Jump in place | 3 APRIL Go to a Park you have never been to! |
| 6 APRIL Balancing Activities by Pink Oatmeal IG Oatmeal IG videos + Catch | 7 APRIL Exercise Routine w/Videos + Catch | 8 APRIL Jack Heartman https://youtu.be/RzbTmBlpGdQ | 9 APRIL Invent a game with items from home + Hop in place | 10 APRIL Scavenger Hunt (Indoor/Outdoor) |
| 13 APRIL Seated Yoga (Chair) + Stationary Dribble (w/ ball or balloon) | 14 APRIL 54 Card Play Exercises + Stationary Dribble (w/ ball or balloon) | 15 APRIL Seated 30 min boxing workout | 16 APRIL Game to play with paper plates + Jog in place | 17 APRIL Explore your Backyard. Can you find something for each color of the rainbow?🌈 |
| 20 APRIL Med Ball & Dumbbell Seated Exercises + Balloon volley (tracking and hand eye coordination) | 21 APRIL Seated Exercises no weights needed + Balloon volley (tracking and hand eye coordination) | 22 APRIL Kids Bop Dance Along https://www.youtube.com/watch?v=1GEOHdSGHRk | 23 APRIL Bowling with empty water bottles, or cans, and a ball + Slide | 24 APRIL Make an obstacle course out of things from your home and test it out |

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| <p>27 APRIL Yoga for Kids + Kick</p> | <p>28 APRIL Fitness card challenge 4 days of tracking progress + Kick</p> | <p>29 APRIL Drumming</p> | <p>30 APRIL ABC Movement for Spring + Run, jump, skip, hop, jog, or gallop</p> | |
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