

# Get Active and Get Physically Fit!

Your child's exercise routines at school may have included gym class, outdoor recess, and a variety of activities like dance, soccer and even playing tag. Keep up these healthy fitness habits at home and make time for body and brain breaks throughout the day.

Name & Link	Description
<a href="#">45 Fun Physical Fit Activities</a>	Get children moving with this list of age-appropriate physical activities for kids!
<a href="#">Alphabet Fitness Challenge</a>	How many of the 35 daily challenges can your children complete?
<a href="#">Boot Camp Xero</a>	Fun-filled fitness challenges to enjoy alongside your children.
<a href="#">25 Exercise Games to Play with Kids</a>	Fun ideas for physical activities to get both parents and kids moving.
<a href="#">Backyard Fitness Course</a>	A fun physical challenge idea for the whole family.
<a href="#">Exercise and Healthy Challenges</a>	This motivational checklist engages your child in physical fitness activities.
<a href="#">Fitness Bingo Cards</a>	Fun-filled fitness challenges that you can easily enjoy alongside your children.
<a href="#">GoNoodle</a>	A variety of videos to get kids moving, including yoga, games, and dance parties.
<a href="#">Hula Hoop Tricks For Kids</a>	Easily accessible for most kids, these tricks are cheap and easy to setup in the home.
<a href="#">PE At Home Challenges</a>	Fun-filled at home physical fitness challenges for the entire family, with many choices and options.
<a href="#">Shape America</a>	Lesson examples that can easily be adapted for short-term distance learning.



## Outdoor Physical Fitness Fun

- » Build an outdoor reading fort
- » Create an outdoor physical fitness cardio course
- » Go on a geocaching scavenger hunt
- » Try your skills and master a new hula hoop challenge



[Virtual Learning Resources](#)