

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



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