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| DANCE RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Ross Chakrian | Dance it Out Playlist <https://www.youtube.com/playlist?list=PL1f5HcskdtSLtbCdh7fq9Mivcb2f_pZLJ> | K-2nd | Standards 1, 3 |
| Linda Thompson | Elementary Fitness and Dance Activities  [https://docs.google.com/document/d/14mrDBEuIdeKg-vikyGmPpRo6rh8um3o8HE6RZ26NT9k/edit](https://docs.google.com/document/d/14mrDBEuIdeKg-vikyGmPpRo6rh8um3o8HE6RZ26NT9k/copy) | K-5 | 1-5 |
| Chris Amundson | [Dance Information](https://drive.google.com/file/d/1OazkeykcFKQYafOebBGro7tcuavgXUjZ/view?usp=sharing)[Elementary Dance Slide with Gifs/Links](https://docs.google.com/presentation/d/16l9EOn_RdrZGPb08602tC5WAH2GF9U9JYEGp4m5kyBQ/edit?usp=sharing)  [PDF with Elem](https://drive.google.com/file/d/1OazkeykcFKQYafOebBGro7tcuavgXUjZ/view?usp=sharing) | K-6 | Standard 1 |
| Megaera Regan | Dance along with Manorhaven students:  <https://www.youtube.com/playlist?list=PLiTrgFQERjP6FBjSLwrmQa0ro82dAWurO> | K-5 | 1, 2 and 5 |
| DanSirs | DanSirs  <https://www.youtube.com/playlist?list=PLCpk5kxO81-ltOrLzGSt7lJnKiQX8Ifm4> | K-5 |  |
| Brandon Herwick | Follow along dance videos:  Boom:<http://bit.ly/2OHvcVx>  Space Jam:<http://bit.ly/2Ar9bUa>  Cotton Eyed Joe: [http://bit.ly/3d1e72E](https://t.co/ca8hADUgTU?amp=1)  The Fred: [http://bit.ly/2IOi25f](https://t.co/FeVN6kIrGQ?amp=1)  Ju Fu Kata: [http://bit.ly/2U5L7OL](https://t.co/ZS4yk1qBM1?amp=1)  Better: [http://bit.ly/35yoXcy](https://t.co/3KLyTCyjMo?amp=1) | K-5 |  |
| Brandon Herwick | Happy: [http://bit.ly/1rUJwva](https://t.co/2lAb4XvA7q?amp=1)  Follow the Leader: [http://bit.ly/FollowTheScarf](https://t.co/7Vfw08FyGK?amp=1)  The Goldfish: [http://bit.ly/1Lnwhw9](https://t.co/mB5WBseMZE?amp=1)  Cupid Shuffle:<http://bit.ly/CreativeShuffle> | K-5 |  |
| Derek Blyzwick | Derek’s Dances: High Hopes and Boom <https://www.youtube.com/playlist?list=PL548JIsNffYoVYd53DgiUnffCKJFg_jU1> |  |  |
| Ben Pirillo | Let’s Dance!  <https://www.youtube.com/playlist?list=PLJnn5H8Y_tYE3LdXoJIG_azMC2l5TjCON> | K-5th | Standard 1 |
| Victor Spadaro | PE Dance  <https://www.youtube.com/channel/UCaWYZv726Q3Kwp6Jgk2mCnQ?view_as=subscriber> | Elementary | Standard 1 |

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| FITNESS/EXERCISE RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Mike Ginicola | “Would you rather” warm-ups  <https://www.youtube.com/playlist?list=PLGS-YpNYBNvda7jGOxP5OE3NyvfaLTfwg> | Elementary | Mike suggests the top 5 on the playlist |
| Chris Amundson | Quick Exercises  [Fitness in Nature](https://tinyurl.com/sqrlo2e)  [This or That](https://tinyurl.com/wylmqog) | 3-6 | Standard 3 |
| Ben Pirillo | Superhero workouts [tinyurl.com/trainingheroes](https://t.co/JdSgYa3qe7?amp=1) | Elementary | Standard 3 |
| Brandon Herwick | Dice Fitness: [http://bit.ly/RTDWU](https://t.co/pDhFFYOCQR?amp=1) | Elementary | Standard 3 |
| Jorge Rodriguez | Brain Based Exercises  <https://docs.google.com/presentation/d/1HIkkYdkK6Lch8gnj7bULOdBiVU54Y6pC-GpZE7sn5uU/edit?usp=sharing> | K-5 | Great activities for activating the brain. Can be used on their own, or as brain boosts. |
| Lynn Hefele | [Video- Skill Related Fitness Assessment](https://youtu.be/3pqREQ_jAzw) | 4-6 | Standard 3 |
| Lynn Hefele | Brain Bites Playlist  <https://www.youtube.com/playlist?list=PLElsA9fRR2ekmY6wbJlsmBGLclOPTaFsk> |  |  |
| Lynn Hefele | [Video- Muscle Group Assessment](https://youtu.be/l3DEangceqo) | 7-12 | Standard 3 |
| Lynn Hefele | [Video- Components of Fitness](https://youtu.be/9HfW3mJl2EU) | 3-6 | Standard 3 |
| Lynn Hefele | [Video- Cardiovascular Endurance](https://youtu.be/IXk4TZE7wdE) | 3-6 | Standard 3 |
| Lynn Hefele | [Video- Components of Fitness](https://youtu.be/9HfW3mJl2EU) | 3-6 | Standard 3 |
| Lynn Hefele | [Video- Flexibility](https://youtu.be/EWuLtc1MeCM) | 3-6 | Standard 3 |
| Lynn Hefele | [Video- Benefits of Fitness](https://youtu.be/V6rD3CddMtc) | 5-12 | Standard 3 |
| Lynn Hefele | [Video- Components of Health Related Fitness 2](https://youtu.be/41Q4Ct-4OTs) | 3-6 | Standard 3 |
| Lynn Hefele | [Video- Skip Count Exercise Challenge](https://youtu.be/eBb446KKilQ) | 3-6 | Standard 3 |
| Justin Cahill | Alphabet Fitness Bingo <https://jcahillpe.files.wordpress.com/2020/03/alphabet-fitness-bingo2.pdf> | 3rd-8th | Standard 3  Printable |
| Kevin Tiller | Create-A-Workout  <https://drive.google.com/file/d/1pp9VSnax5g7vh0cPhemeaFtgmHI8vQPJ/view> | 3rd-5th | Standard 3  Printable |
| Mrs.Montana | Fitness Bingo <https://docs.google.com/document/d/13np8HNZA7XzMzTVNcCaE2-H0rRtHk13i4F6FZOb9P3k/edit> | K-5th | Standard 3  Printable |
| Danica Vidotto | Various Fitness Resources  <https://drive.google.com/open?id=1u7HuZkVh7_wQj2BYteZampnbdt2SWZn0> | K-12 | Canadian- Ontario Public Education |
| Ross Chakrian | Fitness Game Design Project  <http://bit.ly/AHPEFGDP> | 4th-8th | Standard 3  STEM Integration  Project Based Learning  Printable |
| Sandy Hagenbach | Fitness Origami Dice Activity  <https://drive.google.com/open?id=1NKwTUOEFKsWeM-kL80JuU-Bi9D8fvtGE> | K-12 | Standard 3  Printable |
| Jason Steele | Fitness Monopoly  <https://drive.google.com/file/d/1aXVWafWpgus4heopFcWlbCSmMPRgQY3R/view> | K-5 | Standard 3  Printable |
| Jason Steele | Cardio Land  <https://drive.google.com/file/d/1QQk5AFR7-3EjHSGO5xTCI68qY17vkmIu/view> | K-5 | Standard 3  Printable |
| Julie Braden | Fitness Trouble  <https://drive.google.com/drive/folders/1JCnwRUpr6aDBQRahIJI61XnKS5anqk9p> | K-5 | Standard 3 |
| Joey Feith | Pokemon Fitness Hut  <https://docs.google.com/presentation/d/1Jhod5yMNKqiPueNyJvbe9nvWKgBBNo0R8uCxEHPHXJ4/preview?slide=id.g71e21720b2_31_0> | K-5 | Standard 3  Printable |
| Heather Isler | Fitness Bingo  <https://drive.google.com/drive/folders/1p7ase-BR54zvn9gkDrXYnkxf34FyNT_O> | K-5 | Standard 3  Printable |
| Heather Isler | Fitness Chutes and Ladders  <https://drive.google.com/drive/folders/1p0ei-jZqc3LQ7C18mI7FVfq9h3U7E7jJ> | K-5 | Standard 3  Printable |
| Heather Isler | Fitness Sorry!  <https://drive.google.com/drive/folders/17Q44KeUNZxF47RR1kp6NGrOx04FZ9h-h> | K-5 | Standard 3  Printable |
| Mike Ginicola | Follow Along Fitness Videos  <https://www.youtube.com/watch?v=1HuFAkhPeKQ&list=PLGS-YpNYBNvd64jdVQWakrNw8GPF4ZF0L> | K-5 | Standard 3 |

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| CARDIO DRUMMING RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Ross Chakrian | Make Your Own Drum/Sticks at Home and Cardio Drumming Rhythm Sheets  <https://bit.ly/AHPECD> | 3rd-5th | Standard 1 |
| Ross Chakrian | Follow Along Cardio Drumming Videos  <https://www.youtube.com/watch?v=vXo6BPjoMd8&list=PL1f5HcskdtSLOxH4hNn-1a6y3FLikhVni> | K-5th | Standard 1 |

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| JUMP ROPE RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Ross Chakrian | Jump rope videos  <https://www.youtube.com/playlist?list=PL1f5HcskdtSIfUSBnZU1GoWGb3S_ULqee> | K-2nd | Standard 1 |
| Megaera Regan | Hyperdoc - Create a Jump Rope Routine at home: [https://docs.google.com/presentation/d/1qeBO3AjdG0x11MFLkuCG193DptJ0LqoPNHya-sHK0Zo/edit?usp=sharing](https://docs.google.com/presentation/d/1qeBO3AjdG0x11MFLkuCG193DptJ0LqoPNHya-sHK0Zo/copy) | 4-5 | 1-5  Printable |
| Amy Falls | Make Your Own Jump Rope Project  <https://drive.google.com/file/d/1JLOOG6CPi4wrYwKHYkIyLuPuPuSMVE_-/view?usp=sharing> | K-5th | Standard 1 STEM Integration  Printable |

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| JUGGLING RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Terri Drain  H-PEC | [SOLO Juggling](https://drive.google.com/open?id=0BxRuXhyTqlAdM3g4OU5GYkpWWVE) |  | Printable materials for juggling. |
| Ross Chakrian | Juggle Pattern Progression Checklists  <http://bit.ly/AHPEJug> | 4th-12th | Standards 1, 5  Checklists Printable |

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| TOSSING/ROLLING RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Mark Housel | Tossing Challenges  <https://www.youtube.com/watch?v=07SST1Updn0&feature=youtu.be>  Partner toss and catch  <https://www.youtube.com/watch?v=ZBqFJUJ2BAE&feature=youtu.be> | K-2 | Standard 1 |
| Jim Hambel | Bowling at Home  <https://docs.google.com/document/d/1FDWnaNOVpz1B3CTm-KILMoNojALKhaBexu7hewKVwek/edit?usp=sharing>  K-2 score card:  <https://drive.google.com/file/d/1IO3bNJ050VKNgVZSuxLk5MOSS_TJEVxM/view?usp=sharing>  3-5 score card:  <https://drive.google.com/file/d/1COURjhGSpx-MroIGHdWLVn3B9njJDKBG/view?usp=sharing> | K-5 | Standards 1-5 |
| Matthew Bassett | Tossing/Balance Lesson Video  <https://drive.google.com/file/d/1g3GraBL_ygFMKQj1WIhS7Rnt7mg_gyCK/view> | K-5 | Standard 1 |

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| OUTDOOR PLAY RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Ross Chakrian | Family Outdoor Scavenger Hunts  <http://bit.ly/AHPEScavHunts> | K-12th | Outdoor Exploration  Nature Interaction  STEM Integration  Printable |
| Megaera Regan | Go outside and play each day! [https://docs.google.com/document/d/1DzwDc0tdeKvB8pRtf6goak80QhyTEMqs3prV3s4sMNs/edit?usp=sharing](https://docs.google.com/document/d/1DzwDc0tdeKvB8pRtf6goak80QhyTEMqs3prV3s4sMNs/copy) | K-5 | 1-5  Printable |
| Jessica Monlux | [Take Home Journaling](https://docs.google.com/document/d/1MQSKT2awj1q3Goh2ldLAhBr1Ul1oYmy93dykLImyAs0/edit?usp=sharing) | K-5 | Standards S3.E1, S5.E1, S5.E2 , S5.E3  Printable |

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| YOGA/MINDFULNESS RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Staci Bufano | Mindfulness Tic-Tac-Toe  <https://drive.google.com/file/d/1MZaQHXiidsdW6fQ1zfwVDJo8NK2HV_e0/view?usp=sharing> | Elementary | Standard 4 |
| Lynn Hefele | [Video- Yoga Story](https://youtu.be/n_r-OmopXnE) | K-2 | Standard 3 |

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| BEAT THE TEACHER/MINUTE TO WIN IT RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Craig Hawkinson | Beat the Teacher Challenges<https://docs.google.com/presentation/d/1d5oQnl47SgyWqDD2tWrzqI0vtmzssjiDs2PjBJEVMEs/edit#slide=id.p> | 3rd-8th | Standard 1 |
| Jason Denk | Minute to Win it <https://drive.google.com/file/d/1KzWmREo-kCJRGISLoNtVpfafOcf-ul7u/view> | 3rd-8th | Standard 1 |
| Justin Cahill | Minute to Win It  <https://keepingkidsinmotion.com/2018/11/21/master-the-minute-14-active-1-minute-challenges-for-pe/> |  | Standard 1 |

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| PRINTABLE RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Kevin Tiller | At Home Learning and Moving Activities  <https://drive.google.com/file/d/1e_wiOgOgfkIXpVLo-ST0hi2J-L2mf3BN/view> | Elementary | Standards 1, 3 |
| Becky Foellmer | Templates for printable items:  <https://www.cbhpe.org/templates> | K-12th | Vast menu of activities for elementary PE and Health (upper grades too). |
| Pete Charrette  (Cap’n Pete) | Home Activity PE Visual Packet  <https://www.dropbox.com/s/7woiccdaxthd1c7/Capn%20Petes%20Home%20Activity%20Visual%20Packet.pdf?dl=0> | K-8 | Standards 1-5  Printable materials |
| Jason Denk | [Limited Equipment/No internet/ Video links](https://docs.google.com/presentation/d/1YUHcxG4pPHVY__-WwEveOXrpg76bNRjl6Qrw-oPlMro/copy) | K-5 | Standard 1-5  Printable materials |
| Staci Bufano | Start Your Day Off WRITE <https://docs.google.com/document/d/1QR0Dd-Xcn2FYZeg8NMYxOeG1F67qGYu44AdtR42NOBI/edit?usp=sharing> | K-2 | Interdisciplinary activity: writing and fitness |

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| COMBINED ONLINE RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Becky and Mark Foellmer | #HPEatHome Video sets (Dance, Exercise, Jump Rope, Skill Building)  [https://docs.google.com/presentation/d/1sp0V3jIg2Sg4LpNDUbw168HRrSDpCwboC9ajsXqybZU/edit#slide=id.p](https://docs.google.com/presentation/d/1sp0V3jIg2Sg4LpNDUbw168HRrSDpCwboC9ajsXqybZU/copy) | Elementary | Comprehensive videos put together by some of the greats in PE! Many, if not most, can be done at home. |
| Becky and Mark Foellmer | #HPEatHome resources:  <https://www.cbhpe.org/projector>  <https://sites.google.com/view/hpeathome-games> | K-12th | Vast menu of activities for K-12 PE and Health |
| Becky and Mark Foellmer | #HPEatHome GIF collection  <https://www.cbhpe.org/gif-collection> | K-12 | GIFS for TONS of skills including throwing, striking, catching, etc. |
| Becky and Mark Foellmer | #HPEatHome #SEL resources <https://www.cbhpe.org/edi-social-justice> | K-5 | including read aloud books and visuals. |
| Gustave Karagrozis | GIFS  <https://drive.google.com/drive/folders/1bCQzaLifcgKEYZ2q4DWzRF51L-vdzbKH?usp=sharing> | K-12 | GIFS for a wide range of motor skills. |
| Ken Gardner and Steve Bair | <https://docs.google.com/document/d/1s7akh76E0FsjGp9cHUUcdQqr-A5fOUgc8K3xDFt5rFU/edit?userstoinvite=cstone%40gcschool.org&ts=5e6d7359&actionButton=1> | K-2 | Standards 1-5  This is our current E-Learning Plan For Our Students |
| Staci Bufano | Kids Heart Challenge Playlist  <https://docs.google.com/document/d/1t0sxPCd1QZ8h1QNZ2Dwvga-6G_S-f0YekcGSOF6MLUw/edit?usp=sharing> | Elementary | Standard 3 |
| Ben Pirillo | Active at Home Activity Videos  <https://www.youtube.com/playlist?list=PLJnn5H8Y_tYFzQvlLe5oR4BDxer9HNehZ> | K-5 | Standard 1 |

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| STRIKING/KICKING SKILLS | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Ross Chakrian | Indoor Shuffleboard  <https://twitter.com/Mr_C_PE/status/1240404704477114368?s=20> | K-5 | Standard 1 |
| Ross Chakrian | Make Your Own Striking Implement Project  <http://bit.ly/AHPEMYOSIP> | K-5 | Standard 1  STEAM Integration  Printable |
| Kent Hamilton | Paper Plate Tennis  <https://twitter.com/MrHamiltonPE/status/1241866891020447745> | K-5 | Standard 1 |

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| BALANCING/GYMNASTICS SKILLS | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Ross Chakrian | Balance Challenges  <https://drive.google.com/drive/u/2/folders/1ktwuANqzvV8mVbfnpKVSVrTQLtJWiyTB> | K-5 | Standard 1 |

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| HPE ORGANIZATION RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Hip Hop Public Health | Hip Hop Public Health for Kids  <https://hhph.org/hhph-kids/> | K-5 |  |
| GoNoodle | GoNoodle for Families  <https://www.gonoodle.com/for-families/> | K-5 |  |
| OpenPE | OpenPE <https://openphysed.org/activeschools/activehome>  HYPE at Home  <https://openphysed.org/wp-content/uploads/2020/03/AX-X3-HYPEAtHome-SEL_Journal_35.pdf> | All grades | 1-5 |
| Kansas DOE | Kansas State DOE Lesson Plan Builder  <https://www.pe-kansas.com/> | All Grades | 1-5 |
| Cosmic Kids Yoga | <https://www.youtube.com/user/CosmicKidsYoga/playlists> | K-5 |  |
| Gopher Sport | Dynamic P.E. ASAP  <https://www.gophersport.com/blog/dynamic-pe-asap-in-home-lesson-plans/> | K-5 | 1-5 |
| Sanford Fit  Sanford Health | <https://fit.sanfordhealth.org/> | K-5 | Resources to help kids stay healthy and active at home |

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| ELEMENTARY HEALTH RESOURCES | | | |
| **CONTRIBUTOR** | **ACTIVITY LINK** | **GRADE LEVEL** | **STANDARDS/GLOs** |
| Lynn Hefele | [Video- Circulation](https://youtu.be/JpS3vTyWccw) | K-6 | Standard 3 |
| [Jessica Napier](https://www.facebook.com/jessica.napier.560?comment_id=Y29tbWVudDozNTcxMTYzMTQyOTU1MDM5XzM1NzQ1MTc4NjkyODYyMzM%3D) | <https://drive.google.com/open?id=1pDA82vYi4FjVKcCQQEaAjMl5dCUmnewU> | K-5 | Printable questions about health |
| Derek Picha | Nutrition and Personal Health  <https://sites.google.com/view/mr-pichas-pe-page/health-ed> | K-5 |  |
| Staci Bufano | Health Playlist: CoronaVirus, food journal, sleep, body systems  <https://docs.google.com/document/d/1M1SFf26nW_Szw-2iWjhPrTbeOxilfHjbgr-xLybqdgY/edit?usp=sharing> | 3-5 | In doc by activity |
| Justin Cahill | Healthy Breakfast Challenge Tracker  <https://keepingkidsinmotion.com/2020/03/17/healthy-breakfast-log-teaching-our-students-the-importance-of-breakfast-and-healthy-food-choices/> | K-5 | Printable |

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| **Contributor** | **Activity/Link** | **Grade Level** | **Standard/GLO/notes** |
| Lynn Hefele | [Video- Physical Literacy](https://youtu.be/DaAut99BIEs) | K-12 | Standard 3 |

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| Staci Bufano | Unruly Splats! Create a Game  <https://docs.google.com/presentation/d/1XxC4MSQFdABsFYujyXxsumz9qRtDKDY_GDZQzYK6L0w/edit?usp=sharing> | 3-5 | Standard 2:Physical activity combined with coding |
| Mark Housel | Sample Week One Lesson  Week 1 Message for Kids:  [https://youtu.be/J2I-JPS14Ew](https://t.co/Aby71adYfb?amp=1)  Week 1 Message for PARENTS - [https://youtu.be/\_fcjUEtmJCs](https://t.co/nTY3wFwBx6?amp=1)  Warm Up - [https://docs.google.com/presentation/d/1QQwLJ4\_ROFWipvIqPe\_UGA-iLnyuDljBVSZaGPHUA2A/edit?usp=sharing…](https://t.co/yoZtxUjni4?amp=1)  Try one of the following exercise videos or BOTH  Paper Dance with Mr Housel - [https://youtu.be/Cvm21HBraYw](https://t.co/weo1QLx2ox?amp=1)  Avengers Exercise Video - [https://youtube.com/watch?v=jyWyBern6q4…](https://t.co/W0JGZtDLDM?amp=1)  Try one of the following  Walk a mile with Nick (alone or with family) - [https://youtu.be/X7OzRLb2aKY](https://t.co/bLCCv6q3fy?amp=1) Or walk a REAL mile outside (If you can)  Catching Challenges  [https://youtu.be/07SST1Updn0](https://t.co/68jJ0OmhLQ?amp=1) Toss and catch challenges  [https://youtu.be/ZBqFJUJ2BAE](https://t.co/CP3xNZ3KOT?amp=1) Partner step back challenge  Closing activity  The Beeler Bear Dance with Mr, Housel [https://youtu.be/ITWEJ\_dpIUU](https://t.co/w0KWfom2H3?amp=1) | K-1 |  |