

# Active Resources for Home



## Activities for Parents and Students to stay active at home

### For Upper Elementary and Young Teens

**\*NEW\*** [UNICEF Kid Power with Les Mills](#)

Log 10 workouts to help provide ready-to-use therapeutic food for malnourished children around the world

**\*NEW\*** [What's Good](#) video series

A new, six-part video series designed for parents where inspiration and information meet the power of science. Each episode ventures to a new location to meet people from various backgrounds – dancers, poets, musicians, artists, athletes, chefs, conservationists and scientists – and connects their knowledge and talents to a simple, real-world lesson in the area of science. (nutrition, health and wellness, fine arts)

**\*NEW\*** [The Walking Classroom](#)

The Walking Classroom's educational podcasts, which are designed for students to listen to while walking, can be a great help. So, to support teachers and parents everywhere, we've made available 26 podcasts and lesson plans free of charge. Please share with parents and caregivers!

**\*NEW\*** [Fitbound](#) (also with inclusive fitness activities)

A global inclusion community built around exercise and health. Our goal is to empower individuals around the world to not only exercise but create their own exercise bursts. Inspiring individuals to break down barriers we are helping to make the world a better, healthier and connected place -- one enthusiast, one loved one, one friend at a time.

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## **For Younger Children**

[GoNoodle](#) (K-2)

[WalkAbouts](#) (PreK-2nd)

[Sanford fitBoost](#) (PreK-2nd)

[Sanford fitHealth](#) (PreK-2nd)

[PE Activities @ Home](#) (K-2nd)

[KidsQuest Superhero Adventure](#) (K-3rd)

[Hip Hop Public Health](#) comics and music videos (K-3rd)

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## **For ALL**

['Burp it On for Families and Individuals](#)

## **For Preteens and Teens**

[The Phys. Ed. Depot CLEAN TikTok Dance Challenges](#)

[Hip Hop Public Health Dance Breaks](#)

[HomeCourt](#)

[Darebee](#)

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## YouTube Videos

### Activity and Fitness

Sit Down, Stand Up Song (PreK-2nd)

The P.E. Chef (Adaptive PE, PreK-1st)

Cosmic Kids Yoga (PreK-1st)

Glen Higgins Fitness (2nd and up)

Mike Ginicola The Phys Ed Depot (All)

Cha-Cha Slide Plank Challenge (2nd and up)

Bring Sally Up Plank Challenge (2nd and up)

Cupid Shuffle Plank Challenge (2nd and Up)

*Try hi-lo planks instead of mountain climbers*

### Informational

Brain Bites (elementary)

Doc Mike Evans (secondary)