

Active Fun with Family

➤ **Dude Perfect**

https://www.youtube.com/watch?v=4xGFo_1YUrs

➤ **Just Dance**

<https://www.youtube.com/watch?v=f3XyYOLftU4>

➤ **Tabata Fitness Stations:**

<https://openphysed.org/wp-content/uploads/2020/03/MMNOW06-TabataStationspdf.pdf>

➤ **Slam Ball:**

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-02-SlamBall.pdf>

➤ **Be Happy Bean Bag:**

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-03-BeHappyBeanBag.pdf>

➤ **Rock, Paper, Scissor Games:**

<https://openphysed.org/wp-content/uploads/2020/03/MMNOW02-RPSGameStationspdf.pdf>

➤ **Bottle Flip Chaos:**

<https://youtu.be/AZd8oJv6LIM>

• **Toss & Catch**

<https://youtu.be/fCiATy5gfzc>

- **Fan Favorite:**

<https://youtu.be/TJuYFFKyoew>

- **GO NOODLE**

<https://www.gonoodle.com/>

- **GOOD ENERGY at HOME**

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/good-energy-at-home-more-2/>

- **PE at Home Calendar:**

<https://openphysed.org/wp-content/uploads/2020/03/Monthly-PE-at-Home-Calendar-Jason.pdf>

Other Videos to checkout:

- **Dude perfect (YouTube)**
- **Just Dance (You Tube)**