

# NETFLEX

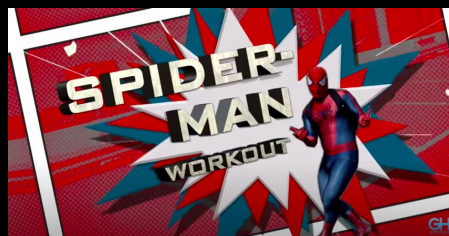
Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



## Superhero Workouts - Get Kids Moving



## Harry Potter & Star Wars Workouts - Get Kids Moving



## Yoga - Cosmic Kids



CLICK FOR MORE!





# NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



## Just Dance



## Dance - Various Channels



## Let's Dance - Ben Pirillo



CLICK FOR MORE!





# NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



## Fitness Fun - Mike Ginicola



## PE at Home: Challenges - Mike Morris



## Mindfulness and Feel Good Movement - Go Noodle



CLICK FOR MORE!





# NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



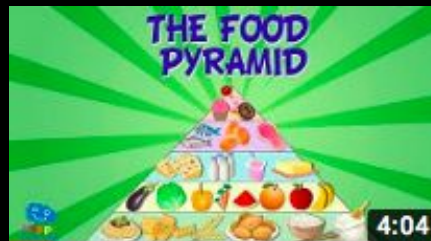
## Our Bodies - Peekaboo Kidz



## Our Bodies - SciShow Kids



## Healthy Eating



[CLICK HERE TO GO BACK TO BEGINNING!](#)





# THE BATMAN WORKOUT

#GETKIDSMOVING



RETURN  
TO

NETFLEX



# AVENGERS TABATA WORKOUT



RETURN  
TO

NETFLEX



# SPIDER- MAN WORKOUT



RETURN  
TO

NETFLEX



# THE BLACK PANTHER WORKOUT

#GETKIDSMOVING



RETURN  
TO

NETFLEX



# CAPTAIN AMERICA

KIDS WORKOUT



RETURN  
TO

NETFLEX



# HARRY POTTER

HOGWARTS WORKOUT



RETURN  
TO

NETFLEX



# HARRY POTTER

ENCHANTED SPELLS  
WORKOUT

RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX



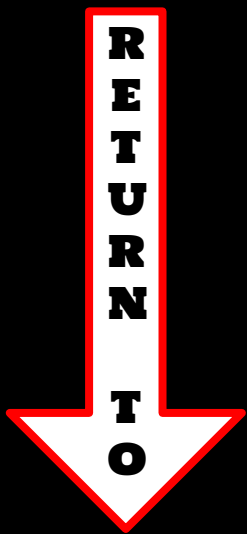
# OBI-WAN STAR WARS WORKOUT



RETURN  
TO

NETFLEX





NETFLEX





# FROZEN YOGA

Cosmic  
KIDS!

RETURN  
TO

NETFLEX



# POKÉMON YOGA



RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX



JUST DANCE 2018

WAKA WAKA



RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX



# *3TopicsReviewer*



Ghostbusters!  
If you've had a dose



RETURN  
TO

NETFLEX



**JUST DANCE FANMADE**

**OLD TOWN  
ROAD (REMIX)**



**RETURN  
TO**

**NETFLEX**





RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX



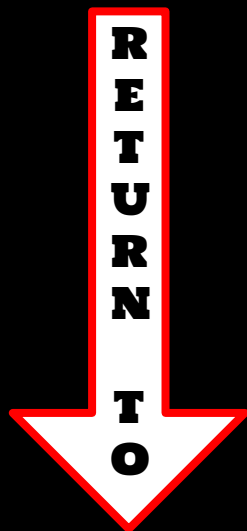


RETURN  
TO

NETFLEX



Aladdin



NETFLEX





**R  
E  
T  
U  
R  
N  
  
T  
O**

**NETFLEX**



**R  
E  
T  
U  
R  
N  
T  
O**

**NETFLEX**





**R  
E  
T  
U  
R  
N  
T  
O**

**NETFLEX**



**R  
E  
T  
U  
R  
N  
T  
O**

**NETFLEX**





RETURN  
TO

NETFLEX

Choose your favorite by going to that side of room to perform the activity!

By: Mike Divola  
@PhysEdEngel

Choose now:

4

OR



RETURN  
TO

NETFLEX



# FIT DICE

Roll 1 die to determine which exercise, then roll the die the orange # of times shown for how many reps to do.

By: Mike Orsola  
@PhysEdDiyast



=



4



=



4



=



3



=



3



=



3



=



2

RETURN  
TO

NETFLEX

# FAVORITE CHARACTER FITNESS #1



By: Mike Ginicola  
@PhysEdDepot



RETURN  
TO

NETFLEX



Choose your favorite by going to that side of room to perform the activity!

By: Mike Drevola  
@HyattDrevola

Choose now:

1

OR



RETURN  
TO

NETFLEX

Choose which action is safest for Mario, then perform that activity!

By Mike Serrano  
@mike\_serrano

Choose now!

4

**FIRE  
POWER!**

**OR**

**RUN  
AWAY!**

**R  
E  
T  
U  
R  
N  
T  
O**

**NETFLEX**



# PILLOW FLIPPER

RETURN  
TO

NETFLEX

# Plank Tap Challenge

**R  
E  
T  
U  
R  
N  
  
T  
O**

**NETFLEX**



# Bottle Flip Chaos

from OPEN PHYSED

RETURN  
TO

NETFLEX

# PANCAKE FLIPPER

from OPEN Physed

RETURN  
TO

NETFLEX



# MINI HURDLE

## CHALLENGE

RETURN  
TO

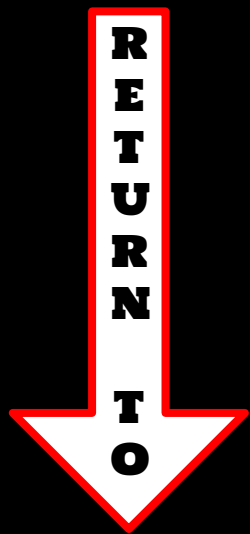
NETFLEX



RETURN  
TO

NETFLEX





NETFLEX



Can't  
stop  
the  
Feeling!

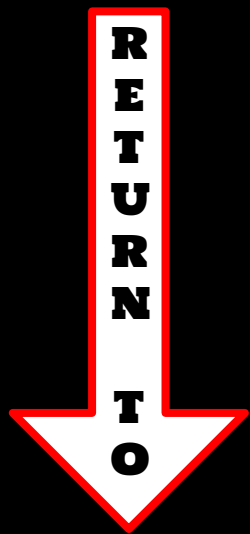


GoNoOodle

RETURN  
TO

NETFLEX





NETFLEX





RETURN  
TO

NETFLEX



Peak  
600

# HOW YOUR MUSCLES GROW?



RETURN  
TO

NETFLEX

POBk  
500



# HOW YOUR HEART WORKS?



RETURN  
TO

NETFLEX





RETURN  
TO

NETFLEX

PEAK  
600

# WHY DO WE SWEAT?



RETURN  
TO

NETFLEX





# WHAT CAUSES BODY ODOR?



RETURN  
TO

NETFLEX

RETURN  
TO

NETFLEX





# HOW TO FEEL YOUR HEART BEAT!

*Sci* Kids!



RETURN  
TO

NETFLEX

# YOUR SUPER SKELETON!



Sci Kids!

RETURN  
TO

NETFLEX



# AMAZING FLEXIBILITY



RETURN  
TO

NETFLEX

RETURN  
TO

NETFLEX





# FOOD SCIENCE COMPILATION



RETURN  
TO

NETFLEX

# THE FOOD PYRAMID



RETURN  
TO

NETFLEX



# HEALTHY EATING



RETURN  
TO

NETFLEX

RETURN  
TO

NETFLEX







RETURN  
TO

NETFLEX