**YouTube Options: (Right click and open hyperlink)**

1. **Benjamin Pirillo (Home ideas using home items-Short videos)**

<https://www.youtube.com/user/gepetto652>

1. **PE with Joe (Workout Monday-Friday for everybody in the family-30 minute videos)**

<https://www.youtube.com/user/thebodycoach1>

1. **Just Dance**

<https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>

**Website Options:**

1. **The Physical Educator (Ideas, resources and videos)**

<https://thephysicaleducator.com/2020/03/20/distance-learning-for-physical-education/>

1. **BOKS Canada home workouts (Videos every day at 12:00)**

<https://www.facebook.com/BOKSKidsCanada/>

**Simple Activities: (Family setting-Not in groups…Follow Social Distancing Guidelines)**

1. **Walk your dog/Family walk**
2. **Ride your bike**
3. **Go Jogging**
4. **Ride your skateboard**
5. **Go rollerblading**
6. **Jump rope**
7. **Wash the car**
8. **Shovel some snow on your driveway to make it melt quicker**
9. **Play catch**
10. **Play Ladder Ball or create your own target game**

**Enjoy and be safe!**

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