

Hello Brookman Family,

My name is Mrs. Dunnigan and I am your child's Physical Education teacher. I wanted to offer you some helpful resources to keep your children active while you are at home.

If you have internet access feel free to copy the links into your internet browser and give it a try.

**Beachbody Kids Workout** - <https://vimeo.com/showcase/6880106>

**Cosmic Kids Yoga** - <https://www.youtube.com/user/CosmicKidsYoga>

\*Storytelling and yoga poses – Great for Kindergarten through 2<sup>nd</sup> grade.

**Just Dance** - <https://www.youtube.com/user/justdancegame/videos>

**Would You Rather Roblox Fitness** – 7 minute videos where children choose one thing or another and then do the corresponding activity for 30 seconds

<https://www.youtube.com/watch?v=G3y5rmgHBgs>

[https://www.youtube.com/watch?v=hm74B5VW-cs&disable\\_polymer=true](https://www.youtube.com/watch?v=hm74B5VW-cs&disable_polymer=true)

<https://www.youtube.com/watch?v=jAuhWjMRCpg&t=293s>

<https://www.youtube.com/watch?v=M-C-4uQhn10>

**YMCA** - free workouts for the whole family – [www.ymca360.org](http://www.ymca360.org)

**Adventure 2 Learning** – Available now on Roku - Add Channel

Link: <https://adventure2learning.us6.list-manage.com/track/click?u=df7d66edd8&id=dea56ffbb9&e=363d5d30a1>

**Go Noodle** - <https://www.gonoodle.com/for-families/>

**Minute to Win It Challenges** -

<https://docs.google.com/presentation/d/1RJhN9XWZbTVmMr6m3zBvgYHXjDMUqaz80TfZndidKV4/edit?fbclid=IwAR0jS3H-biKN3eiBx2SHYAHAgUCibPNrQkpzXC0ws9hMGbEIUdSAbOCCsho#slide=id.p>

I hope these resources help get your child up and moving.

If you need any further assistance or ideas, please feel free to email me at [holtka@nv.ccsd.net](mailto:holtka@nv.ccsd.net).

Stay active and healthy!

Mrs. Dunnigan