

Playworks April 13, 2020

Happy April Panthers!

Coach Renee again, here with this week's Playworks activities! Did you play last weeks games? I hope you got some exercise every day! I did! I have some new games you can play this week. Remember, if you'd like to share your fitness journal with me, you can scan or take a picture of your journal and send it to renee.yeoman@canyonsdistrict.org. I'd love to see your progress!

PE Fitness Journal:

This week's Playworks games:

Play:

Two or more players:

Beans on Toast <https://www.youtube.com/watch?v=F3dLQjtFGQ4&t=3s>

Red Light, Green Light <https://www.playworks.org/game-library/red-light-green-light/>

One or more players:

Invent a Game <https://www.playworks.org/game-library/invent-a-game/>

Have a healthy week! Coach Renee

A special message from Coach Renee for you:

Playworks Info

<https://www.playworks.org/get-involved/play-at-home/>

Playworks Game Guide- All the games we play in Playworks and more!

<https://www.playworks.org/game-library>

Playworks Virtual PE on Facebook live

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

Playworks Indoor Games

https://www.youtube.com/playlist?list=PLNYjbFsfBRx97-C7nYhNLt_unwPeZnieT

Cosmic Kids Yoga

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

Go Noodle

<https://www.youtube.com/user/GoNoodleGames> <https://www.gonoodle.com>

Go Noodle Indoor Recess

https://www.youtube.com/playlist?list=PLAwOTEJXH-cNO5hwDnG5_4MZssRF0NWkc

Other fun ideas to get you moving! Hula Hoop

Jump Rope

Trampoline

Bike Skateboard Scooter

Walk your dog Dance Party Freeze Dance Hopscotch Shoot Hoops Pillow Fight Simon

Says Twister

Roller Skating Tug of War