

April 20, 2020

Hello Girls and Boys!

What games did you play last week? I sure miss playing games with you! Make sure to get some exercise every day! The fitness journal I’ve added is a great way to keep track of your physical activity. 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! This week let’s get moving with some fun dance games. I’ll be dancing at home too!

This week’s Playworks games

Play:

Two or more players:

Dance Move <https://www.playworks.org/game-library/dance-move/>

Dance Freeze <https://www.playworks.org/game-library/dance-freeze/>

One or more players:

Create your own dance to your favorite song! Challenge: share it with a friend or family member via video chat or video!

Do a Go Noodle dance

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

<https://www.gonoodle.com>

Have a healthy week!

Coach Renee

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