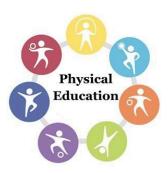
Physical Education Choice Board #3



Get moving and have fun!			
Kids Mindfulness: Calm Compilation Video	What's Your Name? Activity	Roll the Dice Workout 15 minutes	Yoga for Kids
Yoga Warm Up	Warm up Exercises	<u>Cardiovascular</u> <u>Endurance</u>	<u>Deck of Fitness</u>
Movement Made for Now	Cosmic Kids Yoga	PE with Joe	Fan Favorites
Resources to Stay Active	Tabata Fitness Stations	PE with Coach Wood	<u>Fitness Relay</u>