

2nd Grade Resource Page Unit 15: Fitness

Fitness - "Catapult Curl-Ups"

<https://www.youtube.com/watch?v=Lw4eAP5fMoA>

Fitness Circuit

<https://www.youtube.com/watch?v=bBq2GmDHxmE>

Resources to use throughout the year

[American Heart Association - Jump Rope for Heart](#)

[Brain Breakers](#)

[CATCH](#)

[Choose My Plate](#)

[DrumFIT](#)

[Elementary PE Games](#)

[FitnessGram](#)

[Flag House YouTube Channel](#)

[Fuel Up to Play 60](#)

[Go Noodle](#)

[It's Time Texas](#)

[Online Physical Education Network](#)

[PE Central](#)

[PE Central Adapted Page](#)

[PE Universe](#)

[PhysEdGames](#)

[Physical Education Update](#)

[Puzzle Maker](#)

[Sports and Exercise Information](#)

[Texas Association for Health, Physical Education, Recreation and Dance \(TAHPERD\)](#)

[Texas Education Agency \(TEKS\) for Physical Education](#)

[The PE Specialist](#)