

1st Grade Resource Page Unit 5: Rhythms

Maximo | Hokey Pokey| GoNoodle

<https://www.youtube.com/watch?v=tbYRZT5dM-E>

The Maxarena| GoNoodle

<https://app.gonoodle.com/activities/the-maxarena?s=Search&t=max>

Dinosaur Stomp| GoNoodle

<https://app.gonoodle.com/activities/dinosaur-stomp?s=Search&t=din>

Physical Education Rhythms & Dance - "HARD LOVE"

<https://www.youtube.com/watch?v=s-sOConJsHg&t=118s>

Physical Education Rhythms & Dance - "Old Town Road"

<https://www.youtube.com/watch?v=ZOtZDq78hwU>

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](#)