

PE Resources for Students



Strike a Yoga Pose (or two)

“Yoga with Adriene” is a free YouTube channel with thousands of video’s to choose from. Her yoga isn't especially technical, instead, her videos are more about learning to use yoga techniques like breathing and self-belief to help relieve stress. She's funny, kind and encouraging. In just 6 years she has recruited over 4 million followers from around the globe of all ages and abilities. Below are some of my favorites!

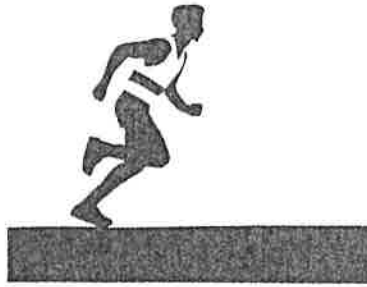
11 minute Wake up Yoga

Yoga for Complete Beginner

Yoga to Feel your Best

Yoga for Bedtime

30 Days of Yoga



Give Running a Try!

Running is an activity that improves both mental and physical health. Just 30 minutes of running three times a week is linked to weight loss and improved sleep. Ease into a routine by alternating jogging and walking intervals. Find a friend and see if you can complete this jogging/walking workout together.

WARMUP- Brisk walk for 5 minutes

Jog- 1 minute

Walk- 1 minute 30 seconds

Jog- 1 minute

Walk- 1 minute 30 seconds

Jog- 1 minute

Walking- 1 minute 30 seconds

Jog- 1 minute

Walking- 1 minute 30 seconds

Jog- 1 minute

Walking- 1 minute 30 seconds

Jog- 1 minute

Walking- 1 minute 30 second

Jog- 1 minute

Walking- 1 minute 30 second

Jog- 1 minute

Walking- 1 minute 30 second

COOLDOWN- Brisk walk for 5 minutes

For more workouts like this download the C25K app. It will help you train for and complete your first 5K in just 9 weeks! For more information and inspiration check out this websites:

[Running for Beginners](#)



Walk it Out!

Walking improves fitness, cardiac health, alleviates symptoms of depression, improves mood and the list goes on! Find a friend or family and get out to enjoy some fresh spring air. Here is a cool website that helps you log your daily steps/miles:

[Hike Across America](#)



Teach a PE Class

Gather up some friends, neighbors, or family and teach them some of the games we play in class. Below are some of the games that I like to play with my own children and their friends and cousins.

- *Sea, Shell, Shore*
- *Simon Says*
- *Head Shoulder Cone (you can use a ball or toy in place of a cone)*
- *Spiders and Flies*
- *Fire and Ice*
- *In the Water, On the Sand*
- *Geronimo*
- *Switch! (use unfolded napkins or tissue paper in place of scarves)*

Get Creative!

Make up your own game that you can teach to your class as a warm-up activity.