

Personal challenge YouTube, handstand

Personal challenge YouTube passing and fitness,

Personal challenge YouTube music hoola hooping,

Personal challenge YouTube speed dribbles and shadow boxing,

Personal challenge YouTube ball to wall

Play formats fun games <https://www.youtube.com/playlist?list=PLX9GnyQdxaf5NUXnLP-PCQ4ssc2tjnRUr>

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

5 Minute Move | Kids Workout 1 | The Body Coach TV and more

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

<https://www.youtube.com/watch?v=dhCM0C6GnrY> fitness workout

<https://www.youtube.com/watch?v=X655B4ISakg> yoga for kids

<https://www.youtube.com/watch?v=oYl3qukcTil> yoga , going on a bear hunt

Gonoodle <https://www.youtube.com/watch?v=KhfkYzUwYFk> troll dance

<https://www.youtube.com/watch?v=ymigWt5TOV8> zumba- I like to move it

mindfulness

<https://www.youtube.com/watch?v=CvF9AEe-ozc>

https://www.youtube.com/watch?v=Bk_qU7l-fcU

https://www.youtube.com/watch?v=ihwcw_ofuME

<https://www.headspace.com/meditation/kids>

<https://www.youtube.com/watch?v=O29e4rRMrV4>