

Being Active at Home

- ✓ **YouTube Options:** (Right click and open hyperlink)
 - Benjamin Pirillo (Home ideas using home items-Short videos)
 - <https://www.youtube.com/user/gepetto652>
 - PE with Joe (Workout Monday-Friday for everybody in the family-30 minute videos)
 - <https://www.youtube.com/user/thebodycoach1>
 - Just Dance
 - <https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>
- ✓ **Website Options:**
 - The Physical Educator (Ideas, resources and videos)
 - <https://thephysicaleducator.com/2020/03/20/distance-learning-for-physical-education/>
 - BOKS Canada home workouts (Videos every day at 12)
 - <https://www.facebook.com/BOKSKidsCanada/>
- ✓ **Twitter:**
 - NB PES Twitter page (Monday-Friday activities/games)
- ✓ **Facebook:**
 - BOKS Canada (Videos every day at 12)
 - Participaction (Fit Break every weekday at 12)
- ✓ **Simple Activities:** (Family setting-Not in groups...Follow Social Distancing Guidelines)
 - Walk your dog/Family walk
 - Ride your bike
 - Go jogging
 - Ride your skateboard
 - Go rollerblading
 - Jump rope
 - Wash the car
 - Shovel some snow on your driveway to make it melt quicker
 - Play catch
 - Lawn games
 - Create your own game!