

PE activity links:

Workout Name	Length	Intensity	Link
Jamie's Cosmic Kids Yoga - Halloween Edition	28m	Low	https://youtu.be/m4T0AadfZwM
Harry Potter Cosmic Kids	27m	Low	https://youtu.be/R-BS87NTV5I
The Masked Singer Cosmic Kids	14m	Low	https://www.youtube.com/watch?v=_hB7yYxX0Ag
Family Fun Cardio - talks about use of a fitness tracker to mark heart rate and steps	13m	middle	https://www.youtube.com/watch?v=5if4cjO5nxo
Kids HIIT Workout 2	31m	high	https://www.youtube.com/watch?v=lc1Ag9m7XQo
Tabata with Sonora Elementary Students	4m	high	https://www.youtube.com/watch?v=MKVe4Zs6KRk
Can't Stop the Feeling - Guided dance	3m	middle	https://www.youtube.com/watch?v=TgcwKrf8wHM
Kids Dance Fitness Workout	15m	middle	https://www.youtube.com/watch?v=D80LZz2WkZs
Favorite Character Fitness	7m	high	https://www.youtube.com/watch?v=hsfheb5UwdE
Black Panther Tabata Workout	4:30	high	'THE BLACK PANTHER' Workout For Kids
Avengers Tabata	4m	high	'AVENGERS' KIDS TABATA WORKOUT
Captain America Tabata Workout	5m	high	CAPTAIN AMERICA 'AVENGERS' KIDS WORKOUT
Spiderman Tabata	4m	high	https://www.youtube.com/watch?v=YC_V8hnU2PY

Star Wars workout	5:30m	high	https://www.youtube.com/watch?v=Q9pB8I_vqCw