



MAC/WES PE- WILDCAT DEN WORKOUT OPTIONS

<p>Fitness Bingo & Games</p> <ul style="list-style-type: none"> ● Fitness Bingo #1 ● Fitness Bingo #2 ● Fitness Bingo #3 ● Flip-A-Coin Fitness ● Cap'n Pete's Home Activity Packet ● Deck of Cards Fitness ● 1 minute Fitness Challenge ● March Drop Everything and Move Calendar ● Family Scavenger Hunt #1 ● Special Area Digital Bingo 	<p>Glenn Higgins Fitness</p> <ul style="list-style-type: none"> ● Glenn Higgins Fitness YouTube Page <p>A few of our favorites</p> <ul style="list-style-type: none"> *Avengers Workout *Fortnite Workout *Harry Potter HIIT 	<p>Would You Rather Fitness</p> <ul style="list-style-type: none"> ● Would You Rather Fitness <p>A few of our favorites</p> <ul style="list-style-type: none"> *Superhero Choice *Roblox Version 4 *Justice League Choice *You Choose: Fitness Playlist
<p>Coach Meger Fitness</p> <ul style="list-style-type: none"> ● Coach Meger Fitness <p>Tabatas</p> <ul style="list-style-type: none"> *Tabata Workouts 	<p>Cosmic Kids Yoga</p> <ul style="list-style-type: none"> ● Cosmic Kids Yoga <p>A few of our favorites</p> <ul style="list-style-type: none"> *Yoga Adventures *For Older Kids *Brain Breaks 	<p>ASAPs @ Home</p> <ul style="list-style-type: none"> ● Airplanes ● Dead Bugs ● Flip Flop ● I See, I See ● Meet Me In The Middle ● The Good Ship SPARK ● Toys Alive ● Quick Draw
<p>Downloadable Fitness App Options</p> <ul style="list-style-type: none"> ● Sworkit Kids ● NFL Play 60 ● 7 minute workout for kids ● Habitiz 		

Wildcat Families,

Included above are various resources that students can utilize using little to no equipment. Over the course of the next few weeks our hope is that families stay healthy, stay active, and have fun!

All our best- Ms. Teixeira and Ms. M