

# Being Active at Home

## YouTube Options: (Right click and open hyperlink)

1. Benjamin Pirillo (Home ideas using home items-Short videos)  
<https://www.youtube.com/user/gepetto652>
2. PE with Joe (Workout Monday-Friday for everybody in the family-30 minute videos)  
<https://www.youtube.com/user/thebodycoach1>
3. Just Dance  
<https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>

## Website Options:

1. The Physical Educator (Ideas, resources and videos)  
<https://thephysicaleducator.com/2020/03/20/distance-learning-for-physical-education/>
2. BOKS Canada home workouts (Videos every day at 12:00)  
<https://www.facebook.com/BOKSKidsCanada/>

## Simple Activities: (Family setting-Not in groups...Follow Social Distancing Guidelines)

1. Walk your dog/Family walk
2. Ride your bike
3. Go Jogging
4. Ride your skateboard
5. Go rollerblading
6. Jump rope
7. Wash the car
8. Shovel some snow on your driveway to make it melt quicker
9. Play catch
10. Play Ladder Ball or create your own target game

Enjoy and be safe!