

Physical Education Anytime!!!

Try any of these activities when you are bored, tired or just want to be active!!

#1 Would you rather Fitness Challenge!

<https://www.youtube.com/watch?v=G3y5rmgHBgs>

**#2 Recite the Our Father while doing jumping jacks. Complete 2-times!
Recite the Hail Mary while doing Air Squats. Complete 2-times!**

#3 Avengers Workout!

<https://www.youtube.com/watch?v=jyWyBern6q4>

#4 Fun Exercise Workout!

<https://www.youtube.com/watch?v=8qRAublpIXQ>

#5 Family Fitness Activity!

<https://www.youtube.com/watch?v=5if4cj05nxo>

Additional Resources:

- **Coach Meger Fitness Games is a great resource for additional virtual fitness workouts. They even have superhero workouts!**

<https://www.youtube.com/channel/UCOg8vHlLYShTjR1OpfvX1bw>

- **Sports Coloring Worksheets!**

<https://www.crayola.com/free-coloring-pages/sports/sports-coloring-pages/>