

Cummings PE Digital Activities



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Office Hours: Monday through Friday

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Theme based YouTube exercises...

<https://www.youtube.com/playlist?list=PLQSMS0J6JbrK9fA74RqpVHkzH14qvaPYH>

Hip Hop Aerobic Videos...

<https://www.youtube.com/watch?v=ZWk19OVon2k>

Dance and Cardio...

<https://www.youtube.com/user/popsugartvfit/videos>

Full body workout exercises

<https://www.verywellfamily.com/easy-exercises-for-kids-1257391>

Kids exercises with demonstration Gifs....

<https://www.activekids.com/fitness/articles/full-body-conditioning-exercises-for-kids>

Daily 30-minute workout videos. ...

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>

Freeze Dance with action verbs....

<https://www.youtube.com/watch?v=MMCebyg4tZg>

Hip Hop phonics and counting

https://www.youtube.com/channel/UCOxxNIVz3M0EcR3vTKVwVIQ/videos?view=0&sort=p&shelf_id=624