**Physical Education Enrichment Activities**

**Grades 9-12**

Warren Woods Families:

We understand that this is an unusual time for you, as it is for us. We have created a list of resources designed to enrich the at home experience as it relates to Physical Education. It is our hope that you can use these materials to provide an opportunity for physical activity, stress reduction and fun. It is recommended that each of us get at least 60 minutes of intentional physical activity daily. Please use these resources as you feel best suite your current situation. There are a number of activities, programs and general fitness items to choose from, usable for all fitness levels. Remember fitness can happen anywhere and you will not need much if any equipment to enjoy these ideas.

Link to at home work out (this is the one I will be doing as I do not have any equipment at home). Ideal for supplementing a weight training class

<https://www.youtube.com/watch?v=vc1E5CfRfos&feature=emb_rel_pause>

This link provides links to many others with various fitness activities for the whole family (kids to adults). Ideal for general fitness. Includes table identifying specific activities.

<https://grfit4kids.org/resources/getmovin/>

This link provides a week long activity regimen that considers a mental component (kids to adults). This is a Tabata or Interval style workout. Ideal to supplement a personal fitness class

<https://www.shapeamerica.org/uploads/pdfs/2020/resources/The-Daily-Big-3.pdf>

This link provides a variety of different activities to be selected to create personalized work outs. Ideal to mix and match activities to ensure you meet personal fitness goals.

<https://www.shapeamerica.org/uploads/pdfs/2020/resources/activity-ideas-calendar_english.pdf>