

BENGALS FITNESS & PE RESOURCES

Hey students and parents!

For those of you learning at home (or anyone looking for ways to get exercise), here are some links to help you keep fit and active. Try to make sure you get active for 60 minutes every day! Even just going for a walk outside is good for you. Stay Safe, Have Fun and Keep Yourself Active!

- **Free Customizable Kid Workout Program**
 - [Sign up for Sworkit](#) and use them for follow along workouts for kids
 - (they have a free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the “Kids Workouts” section after logging in)
- **Free One Page Paper Workouts from Darebee.com**
 - 4 minute warmup: <https://darebee.com/workouts/4-minute-warmup-workout.html>
 - Beginner Circuit: <https://darebee.com/workouts/beginner-circuit-workout.html>
 - Quick HIIT: <https://darebee.com/workouts/quick-hiit-workout.html>
- **Online Follow Along Workouts**
 - For example check out [Fitnessblenders Youtube Channel](#)
 - Another good one for Kids Workouts is [Glenn Higgins Fitness](#)
 - Do a [Would you Rather Workout Video](#)
 - [PE Follow Along Videos Collection](#)
 - <https://youtu.be/KhfkYzUwYFk> (Trolls - I Can't Stop the Feeling)