**Online Resources for APE activities**

***All students have unique needs when it comes to movement. Students are not required to complete all activities as shown in the videos. The amount of time or the amount of repetitions should be adjusted to meet the needs of each student to allow them success in their continued movement.***

***ANY MOVEMENT IS GOOD MOVEMENT!***

<https://family.gonoodle.com/> Exercise

<https://www.youtube.com/watch?v=sHd2s_saYsQ> Dance

<https://www.youtube.com/watch?v=L_A_HjHZxfI> Kids Workout for Beginners

<https://www.youtube.com/watch?v=5if4cjO5nxo> Family Fun Cardio

<https://www.youtube.com/watch?v=dhCM0C6GnrY> 25 min family work out

<https://www.youtube.com/watch?v=Z5VMThf0sM4> Exercise for kids

<https://www.youtube.com/watch?v=x_9L5_A6Ww4> Exercise for kids

<https://www.youtube.com/watch?v=xlg052EKMtk> Kids yoga with Frozen theme

<https://www.youtube.com/watch?v=4ZpkRAcgws4> Yoga for kids

<https://www.youtube.com/watch?v=NwT5oX_mqS0> Song “Shake your sillies out”

<https://www.youtube.com/watch?v=j24_xH5uvdA> Listen and move song (locomotor skills)

<https://www.cosmickids.com/category/watch/> Yoga and flexibility

<https://www.youtube.com/user/MovetoLearnMS/videos> Dances that correspond to learning objectives