

## Richmond Consolidated School - Physical Education

[Recommended Levels of Physical Activity](#) - Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.

### Go Outside!

- Play outside
- Walk, run or hike
- Ride a bike with a helmet on
- Rollerblade with protective gear on
- Have a pass
  - Soccer
  - Football
  - Frisbee
  - Lacrosse
- Yardwork
  - Raking
  - Gardening
- Create an obstacle course
- Do something not listed
- Complete exercises on the March Wellness Calendar that was sent home

### Online Resources:

- FitBoost - [FitBoost](#)
- Go Noodle - [GoNoodle](#)
- Cosmic Kids Yoga - [Cosmic Kids Yoga](#)
- Dance Move Challenge - [Dance Move Challenge](#)
- HIIT Workouts - [Themed HIIT Workouts by Glenn Higgins Fitness](#)
- Yoga Dice/Coin Activity - [Yoga Dice](#)
- Jump Start Johnny - [Jump Start Jonny.](#)
- Darebee - [Superhero Workout](#)
- Glenn Higgins Fitness - [Kids Workouts](#)
- TABATA Workouts - [TABATA](#)
- Roll It Fitness - [Roll It Fitness](#) need dice or use virtual dice
- Choose It Fitness - [Choose It Fitness](#) need dice or use virtual dice
- Shape America - [Shape America](#)