

## Children Go for Physical Activity - Links for Parents and Children

Physical Fitness & Child Health and Nutrition Task Forces – Healthy Adams County PA (Most Videos based on *following motions*, whether in English or Spanish)

### General Kids Activity Resources on the Web (searchable)

The *internet* is full of resources to keep you and your children motivated and get your heart rate up! Just *Search and Move!*

1. Check out [YouTube](#) for thousands of free exercise videos, including options for kids if you've got little ones with lots of energy – search for *kids exercise*.
2. Amazon Prime membership, if you have it, then search for *kids exercise* in the “Prime Video” category. Many great videos free with membership!
3. [Fitness Blender](#) - *Fitness Blender 25-minute Fun Workout for Kids* at [https://youtu.be/McD6\\_oOWs-Ma](https://youtu.be/McD6_oOWs-Ma) . The site also has over 800 free exercise videos for Adults. Select one based on time, difficulty, equipment, and type (Pilates, yoga, toning, low impact, HIIT, strength training, yoga, barre, and others).

### YOGA FOR KIDS (video links for free yoga videos - different lengths)

<b>Cosmic Kids</b>	Various Lengths	This is a link to a youtube channel called Cosmic Kids Yoga. The instructor does a great job of telling stories to keep up interest!	<a href="https://cosmickids.com/">https://cosmickids.com/</a>
<b>Frozen   A Cosmic Kids Yoga Adventure!</b>	30 Minutes	a little long, but cute because it's about Frozen	<a href="https://www.youtube.com/watch?v=xlg052EKMTk">https://www.youtube.com/watch?v=xlg052EKMTk</a>
<b>We're Going on a Bear Hunt   Cosmic Kids Yoga</b>	15 Minutes	cute story to go with the poses	<a href="https://www.youtube.com/watch?v=vpUqY2bCcXk">https://www.youtube.com/watch?v=vpUqY2bCcXk</a>
<b>At Home Yoga for Kids w/ ...</b>	8 Minutes	Single poses with characters that kids will recognize	<a href="https://www.youtube.com/watch?v=4ZpkRACgws4">https://www.youtube.com/watch?v=4ZpkRACgws4</a>
<b>Yoga for Kids with Animals</b>	4 Minutes	short, and talks about handling anxiety; using yoga to be calm	<a href="https://www.youtube.com/watch?v=5XCQfYsFa3Q">https://www.youtube.com/watch?v=5XCQfYsFa3Q</a>
<b>Rainbow Yoga for All Ages</b>	17 Minutes	Good for families to do together, as well as just kids	<a href="https://www.youtube.com/watch?v=dF706-Qablo">https://www.youtube.com/watch?v=dF706-Qablo</a>
<b>Fun Kids Yoga w/ Kris Blunt</b>	30 Minutes	ages 4-12, terrific instructor	<a href="https://www.youtube.com/watch?v=5sYUnnyPsRM">https://www.youtube.com/watch?v=5sYUnnyPsRM</a>

<b>Zumba for Kids and Adults</b> — Follow the motions, whether Spanish or English!	Notes	Length	Best Segments	Lang	Link
<b>RUMBA y ZUMBA KIDS BAILE para niñas y niños (FACIL Y DIVERTIDO) Just Dance</b>	For kids; stretch at end	19 min	0:42-19:18	Spa	<a href="https://www.youtube.com/watch?v=KpLv0oyOtHA">https://www.youtube.com/watch?v=KpLv0oyOtHA</a>
<b>ZUMBA KIDS CLASE CUARENTENA</b>	Many songs in 1 video; pick and choose	30 min		Spa	<a href="https://www.youtube.com/watch?v=iDOtWqmPV3k">https://www.youtube.com/watch?v=iDOtWqmPV3k</a>
<b>ZUMBA KIDS CUARENTENA DOS</b>	For kids; Later part, especially	30 min		Spa	<a href="https://www.youtube.com/watch?v=40ueJY1r_nw">https://www.youtube.com/watch?v=40ueJY1r_nw</a>
<b>Zumba para PRINCIPIANTES con Gabriel Tristán   RITMOZUM FITNESS</b>	For beginners	12 min	0:30-end	Spa	<a href="https://www.youtube.com/watch?v=vi8nCWhfCHK">https://www.youtube.com/watch?v=vi8nCWhfCHK</a>
<b>Zumba-Mas Ritmo Fitness PRINCIPIANTE 2 con Gabriel Tristan   RITMOZUM FITNESS</b>	For beginners	12 min	all	Spa	<a href="https://www.youtube.com/watch?v=2sNiVo_IIF0">https://www.youtube.com/watch?v=2sNiVo_IIF0</a>
<b>RUMBA y ZUMBA KIDS BAILE para niñas y niños (FACIL Y DIVERTIDO) Just Dance</b>	For kids; stretch at end	19 min	0:42-19:19	Spa	<a href="https://www.youtube.com/watch?v=KpLv0oyOtHA">https://www.youtube.com/watch?v=KpLv0oyOtHA</a>
<b>ZUMBA KIDS CLASE CUARENTENA</b>	Many songs in 1 video; pick and chose	30 min		Spa	<a href="https://www.youtube.com/watch?v=iDOtWqmPV3k">https://www.youtube.com/watch?v=iDOtWqmPV3k</a>
<b>ZUMBA KIDS CUARENTENA DOS</b>	Especially for Kids!	30 min		Spa	<a href="https://www.youtube.com/watch?v=40ueJY1r_nw">https://www.youtube.com/watch?v=40ueJY1r_nw</a>
<b>Zumba para PRINCIPIANTES con Gabriel Tristán   RITMOZUM FITNESS</b>	For beginners	12 min	0:30- end	Spa	<a href="https://www.youtube.com/watch?v=vi8nCWhfCHK">https://www.youtube.com/watch?v=vi8nCWhfCHK</a>
<b>Zumba-Mas Ritmo Fitness PRINCIPIANTE 2 con Gabriel Tristan   RITMOZUM FITNESS</b>	Forr beginners	12 min	all	Spa	<a href="https://www.youtube.com/watch?v=2sNiVo_IIF1">https://www.youtube.com/watch?v=2sNiVo_IIF1</a>
<b>RUMBA y ZUMBA KIDS BAILE para niñas y niños (FACIL Y DIVERTIDO) Just Dance</b>	For kids; stretch at end	19 min	0:42-19:20	Spa	<a href="https://www.youtube.com/watch?v=KpLv0oyOtHA">https://www.youtube.com/watch?v=KpLv0oyOtHA</a>

<b>RUMBA y ZUMBA KIDS BAILE para niñas y niños (FACIL Y DIVERTIDO) Just Dance</b>	For kids; stretch at end	19 min	0:42-19:18	Spa	<a href="https://www.youtube.com/watch?v=KpLv0oyOtHA">https://www.youtube.com/watch?v=KpLv0oyOtHA</a>
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**JACK HARTMAN ACTIVITY VIDEOS** (from Kids Music Channel) – MANY OTHER VIDEOS AT THESE LINKS

**Follow the Directions Song: 3:01 Minutes**  
[https://www.youtube.com/watch?v=OhRQSOMRk\\_A&list=PLEmnjQqcTpi8mzt-GhupxU-t1HSrQpgBW](https://www.youtube.com/watch?v=OhRQSOMRk_A&list=PLEmnjQqcTpi8mzt-GhupxU-t1HSrQpgBW)

**Count to 100: 2:55 Minutes**  
<https://video.search.yahoo.com/search/video?fr=mcafee&p=jack+hartmann+count+to+100#id=2&vid=669988edd61523a6acb839b789ce3d83&action=view>

**Baby Shark: 5:07 Minutes**  
<https://video.search.yahoo.com/search/video?fr=mcafee&p=jack+hartmann+count+to+100#id=6&vid=141baa3179d0543be9e48b3f688f3fe8&action=view>

**Rap Our Letter Sounds: 2:28 Minutes**  
<https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=jack+hartmann+workout+to+the+letter+sounds&type=E211US0G0#id=1&vid=78b57cb946f310df04eb52a8a1f5f837&action=click>

**Work Out to the Letter Sounds: 4:50 Minutes** – Hear the letter, letter sound and see object starting with that letter  
<https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=jack+hartmann+workout+to+the+letter+sounds&type=E211US0G0#action=view&id=1&vid=78b57cb946f310df04eb52a8a1f5f837>

**Spanish Letter Sounds: 5:25 Minutes** - Hear the letter, letter sound and see object starting with that letter  
<https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=jack+hartmann+workout+to+the+letter+sounds&type=E211US0G0#action=view&id=12&vid=2efc3a6e3ffbe6baa6f7dcd6595ea7c>

**Laurie Berkner Activity Videos on youtube (for preschoolers to kindergarten)**

**Laurie Berkner Music for Movement 15 Nonstop Minutes** - Colorful, with music and motions  
<https://www.youtube.com/watch?v=EY0pgG6V0Co>  
<https://search.yahoo.com/search?fr=mcafee&type=E211US0G91369&p=laurie+berkner+music+for+movement+youtube>

**Laurie Berkner (Jumping Jack) – 2:35 Minutes** -- Colorful, with music and motions

<https://video.search.yahoo.com/search/video?fr=mcafee&p=laurie+berkner+music+for+movement+youtube#id=2&vid=c3b7e8d46ecb68a4ae323e384771d01c&action=view>

**Laurie Berkner (When I Woke Up Today) - 3:30 Minutes -- Colorful, with music and motions**

- <https://video.search.yahoo.com/search/video?fr=mcafee&p=laurie+berkner+music+for+movement+youtube#id=4&vid=6c00077ad850b1884467fbbfa143bffe&action=view>

**Laurie Berkner (We are the Dinosaurs Marching) 3:04 Minutes-- Colorful, with music and motions**

- <https://video.search.yahoo.com/search/video?fr=mcafee&p=laurie+berkner+we+are+the+dinosaurs+youtube#id=2&vid=acb0fcee36bdca9b1ce89e3c2e6c0bad&action=click>

**Laurie Berkner (the Goldfish) 5:13 Minutes — Colorful, with music and motions**

<https://video.search.yahoo.com/search/video?fr=mcafee&p=the+goldfish+song+laurie+berkner#id=3&vid=b004b81bc18ba901b66843ed9c67e2c9&action=view>

**Going on a Bear Hunt with Greg and Steve 4:52 Minutes (nice photos to go along with story) – (Not Laurie Berkner)**

<https://www.youtube.com/watch?v=Wzlcu6tbEko>

### Michigan Fitness Foundation Kids Workout Videos (Strength, Dance/Fitness, Boot Camp, Yoga from Virtual ACES Day)

[https://www.youtube.com/playlist?list=PL73L\\_KzwfNCjvqdrad0acSHtIrdK4mWga](https://www.youtube.com/playlist?list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga)

<b>Basic Strength Workout for Kids</b>	7:17 minutes	Basic instructions for warm-up	<a href="https://www.youtube.com/watch?v=vPHNPVcltnk&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=1">https://www.youtube.com/watch?v=vPHNPVcltnk&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=1</a>
<b>Flippin for Fitness Dance Workout</b>	10:53 minutes	Cute with nice music	<a href="https://www.youtube.com/watch?v=7sIJOQfYijI&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=2">https://www.youtube.com/watch?v=7sIJOQfYijI&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=2</a>
<b>Fit Kids Beach Boot Camp Workout</b>	12:12	Nice Ocean Background	<a href="https://www.youtube.com/watch?v=SUWH-g4jxf4&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=3">https://www.youtube.com/watch?v=SUWH-g4jxf4&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=3</a>
<b>Everyday Yoga for Kids</b>	11:49	Real Kids take part: ;calm and serene	<a href="https://www.youtube.com/watch?v=BHD9V9P080o&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=4">https://www.youtube.com/watch?v=BHD9V9P080o&amp;list=PL73L_KzwfNCjvqdrad0acSHtIrdK4mWga&amp;index=4</a>



## Other Free Online Kids Physical Activity Resources

### Building Obstacle Courses Indoors:

- **Metroparent.com: Build an indoor Obstacle Course**

<https://www.metroparent.com/daily/family-fun/family-activities/building-an-indoor-obstacle-course/>

- **Mommypoppins.com: Build Obstacle Course in 7 Steps:**

<https://mommypoppins.com/new-york-city-kids/boredom-busters/build-an-indoor-obstacle-course-for-kids-in-7-steps>

### Website –Physical Activity Resource for Preschool Age up to Kindergarten. Activity Cards and Skill Cards. Free Download.

[Physical Activity Toolkit for Preschool-Aged Children - English \(PDF,](#)

[Physical Activity Toolkit for Preschool-Aged Children - Spanish \(PDF, 2.7 MB\)](#)

### 2021 Project ACES May 5, 2021 - Set up an event for your school or organization All Children Exercising Simultaneously (ACES) Day

<https://lensaunders.com/aces/aces.html>

### CDC Classroom Physical Activity Ideas and Tips

[https://www.cdc.gov/healthyschools/physicalactivity/pdf/Classroom PA Ideas and Tips FINAL 201008.pdf](https://www.cdc.gov/healthyschools/physicalactivity/pdf/Classroom_PA_Ideas_and_Tips_FINAL_201008.pdf)

### Play at Home Downloadable handbook:

<https://www.playworks.org/wp-content/uploads/2020/08/Play-At-Home-Playbook-8.14.20.pdf>

### Playworks.org: Hundreds of Resources, Short Videos, etc.

- <https://www.playworks.org/get-involved/play-at-home/>

- You can also find a full archive of 150+ Play at Home Recess videos on:

- Our **Facebook Playlist** and
  - Our **Youtube Playlist**.
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**Imaginative Journey with Activity - Michigan Virtual ACES Day** (adult reads instructions and models activity; children follow)

<https://michiganfitness.org/wp-content/uploads/aces-activity-flyer-2020.pdf>

**For Military Families:** BE FIT Connect, where Soldiers, Airmen and military families can find information on healthy living to include exercise videos, health tips and links to content on the Exchange's Facebook page and merchandise on ShopMyExchange.com. XKids interactive page includes activities, contests, Disney movies, games and more. <https://www.military.com/military-report/aafes-be-fit-program.html>

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