These physical activity videos are options for you to do during days that you cannot get outside.

* K-5th

Cosmic Kids Videos - <https://www.cosmickids.com/category/watch/>

Go Noodle - <https://family.gonoodle.com/>

Pop Sugar Fitness - <https://www.youtube.com/watch?v=5if4cjO5nxo>

Mommy Poppins - <https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>

* 6th-8th

25-minute workout- <https://www.youtube.com/watch?v=dhCM0C6GnrY>

Joanna Soh workout - <https://www.youtube.com/watch?v=pj4TVbnIEgk>

Nate Bower Fitness - <https://www.youtube.com/watch?v=qzx-d1Z2bLY>

Nate Bower Fitness - <https://www.youtube.com/watch?v=WmGjxU3Ggko>

* Parents

Qalo - <https://qalo.com/blogs/qalo-life/12-at-home-workouts-to-do-with-your-kids>

Darebee - <https://darebee.com/>

Darebee Exercise Library - <https://www.darebee.com/video.html#sort=position&sortdir=asc&page=1>