

These
movements and
exercise
activities are fun

Let's Get Moving!

- Fun movement and exercise ideas to get you moving inside or outside – check out these awesome sites!

<http://www.mykidsadventures.com/52-pickup-fitness-frenzy/>

<https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1346#.XpcqgMhKg2w>

<http://inspiredbyfamilymag.com/2016/08/10/kids-fitness-games-activities/>

<http://www.mykidsadventures.com/outdoor-games-for-kids/>

<https://handsonaswegrow.com/10-gross-motor-activities-you-can-do-outside-with-the-kids/>