Digital Learning Resources Weeks 8&9

Health and PE

## **Directions**

If technology is available, you might want to use these digital resources to enhance your learning. You can choose to access these programs using your tablet, laptop and/or phone.

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| Digital Resources | | Clever  Access Needed? |
| Striking videos, tips and implement creation videos | [Create a striking implement](https://youtu.be/8qN14eEQ4do)  **https:**[**//www.youtube**](http://www.youtube.com/watch?v=DZHan7rzEr0)**.c**[**om/watch?v=DZHan7rzEr0**](http://www.youtube.com/watch?v=DZHan7rzEr0)  **https:**[**//www.youtube**](http://www.youtube.com/watch?v=WwUSvtwOVIA)**.c**[**om/watch?v=WwUSvtwOVIA**](http://www.youtube.com/watch?v=WwUSvtwOVIA)  [Striking Fundamentals](https://youtu.be/LxYCkbR3oX0)  [Striking Fundamentals 2](https://youtu.be/DomRvajUOwY) | NO |
| **Fitness Options**  **Fitbound: Exercise On-Demand**  Quick workouts streamed on-demand for all individuals with and without disabilities. Sign up for free, then click and stream to any device.  **OPEN** | <https://fitbound.com/subscription-plan/>  <https://openphysed.org/activeschools/activehome> | NO |
| Resource  List of YouTube instructional dance videos for PE1 | <https://www.youtube.com/watch?v=y3W-YIoW8Bw>  <https://www.youtube.com/watch?v=VvXSbuEwd1M>  <https://www.youtube.com/watch?v=Ewqq-3xJFdI>  <https://www.youtube.com/watch?v=-ee1ScYr-ZE>  <https://www.dclibrary.org/node/48553>  <https://www.youtube.com/watch?v=nwVqlL5xAgo>  <https://www.youtube.com/watch?v=syMWHOd_xMU>  <https://www.youtube.com/watch?v=THJ2YEvRgkM>  <https://www.youtube.com/watch?v=hJJfZObr_wM>  <https://www.youtube.com/watch?v=LhA26HugqLs>  <https://www.youtube.com/watch?v=aVtWSZOttC0> | NO |
| Resource List of sites for Training Day events | <https://www.goneforarun.com/current-virtual-races/?gclid=EAIaIQobChMI9-CBs-Cf6QIVx5yzCh1wpg9KEAAYASAAEgIdLvD_BwE> |  |

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