

Note: All of the below are ready to use in the gym!! Use whole class w a projector or some may be able to be used in stations with devices.



### [Darebee Workout](#)

You've seen the workouts! This offers full video of entire workout to easily follow the workout. 33 videos.



### [Super Seven](#) - Kevin Tiller

Seven skill based challenges using a variety of equipment available in most gyms!



### [Physical Activity Videos](#) - Kevin Tiller

This set includes a number of "Would You Rather" videos and fun videos like the "Cha Cha Slide" with a basketball.



### [PhysEd School](#) - Kevin Tiller

From Scarves to Noodles, this 16 video playlist covers many activities, plus locomotor skills and pathways.



### [Agility Ladders](#) - Matt Pomeroy

40 outstanding videos using agility ladders.



[Minute to Win It Timers](#) - over 300 different timers!  
[Minute to Win It Challenges](#) 108 challenges



### [Throwing Targets](#) - Many Contributors

Videos can be used for overhand throw skill devel.



### [Projector Activities](#) - Drew Burris

Drew offers a variety of creative videos to get kids moving.



[The Kids Coach](#) - An excellent set of workout videos for elementary students.

# VIDEO SETS



### [Let's Dance](#) - Ben Pirillo

Ben's legendary videos range from light to vigorous activity, from seated to tons of movement.



### [Dance It Out](#) - Ross Chakrian

Designed specifically for K-2, these are easy to follow and great to get younger students moving and grooving!



### [Jump Rope Skills](#) - Ross Chakrian

These "Jump Rope Skills to the Beat" are a terrific way to teach jump rope skills.



### [Themed HIIT Workouts](#) - Glenn Higgins

Glenn Higgins Fitness brings us workouts from Spiderman to the Avengers!



### [Southdown PE Physical Snacks](#) - Lynn Hefele

Students provide quick movement boosts



[You Choose-Student Choice](#) - Awesome activities from Eric Turrill



### [Student Choice Videos](#) - Awesome activities from Mike Ginicola



[Brain Bites](#) - by Lynn Hefele. Topics include fitness, cardiovascular endurance, physical literacy and more!