

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.

VIDEO SETS



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

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



[Super Seven](#) - Kevin Tiller

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



[Dance It Out](#) - Ross Chakrian

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



[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.



[Jump Rope Skills](#) - Ross Chakrian

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



[PhysEd School](#) - Kevin Tiller

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



[Themed HIIT Workouts](#) - Glenn Higgins

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



[Agility Ladders](#) - Matt Pomeroy

40 outstanding videos using agility ladders. Includes slow motion to improve the learning.



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

Physical snacks videos with students provide quick movement boosts



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

[Minute to Win It Challenges](#) 108 challenges explained



[PE Physical Snacks and HIIT Workouts](#) -

combines the 2 above resources into one file.



[Throwing Targets](#) - Many Contributors

Videos can be used for overhand throw skill development and in other creative ways.



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

from Eric Turrill



[Projector Activities](#) - Drew Burris

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



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

Mike Ginicola

Check out cbhpe.org/projector for tons of additional ready-to-use projector activities.