



## Preschool

Video Name	Video Link	Video Type/Description	Length
<b>Holiday Dance and Freeze with Jack Hartman.</b>	<a href="https://www.youtube.com/watch?v=Dn8oDReDFn4">https://www.youtube.com/watch?v=Dn8oDReDFn4</a>	Practice listening and motor planning skills while dancing with Jack Hartman!	3 minutes
<b>Christmas Freeze Dance - The Kiboomers Preschool Songs for Circle Time</b>	<a href="https://www.youtube.com/watch?v=eo9bpiwKpx4">https://www.youtube.com/watch?v=eo9bpiwKpx4</a>	This quick freeze dance video is great for circle time. Your kiddos will dance and learn at the same time!	2:15 minutes
<b>"The Gingerbread Cookie Dance!" /// Danny Go! Christmas Songs for Kids</b>	<a href="https://www.youtube.com/watch?v=LGy936i36DU">https://www.youtube.com/watch?v=LGy936i36DU</a>	In this fun song kiddos will dance and pretend to make gingerbread people! This is great way for kiddos to use their imagination. Also, the beat of this song is slower and less likely to get kiddos	2:45 minutes
<b>Santa Freeze Dance!" * /// Danny Go! Christmas Songs for Kids</b>	<a href="https://www.youtube.com/watch?v=6qs0gGxb_Ms">https://www.youtube.com/watch?v=6qs0gGxb_Ms</a>	Dance + move your body with Santa and his elves, but make sure you have your listening ears on for when Santa says "FREEZE"!	3:28 Minutes
<b>Santa Freeze Dance Song - The Kiboomers Preschool Songs - Christmas Brain Break</b>	<a href="https://www.youtube.com/watch?v=zgbHfniNyLQ">https://www.youtube.com/watch?v=zgbHfniNyLQ</a>	This fun + quick video introduces new holiday vocabulary to your kiddos while they are movin' and groovin' to the beat!	2:19 minutes

## Elementary

Video Name	Video Link	Video Type/Description	Length
<b>The Grinch Freeze Dance Yoga!   Christmas Brain Break   Winter Just Dance   GoNoodle Inspired</b>	<a href="https://www.youtube.com/watch?v=O98WzXb4EQc">https://www.youtube.com/watch?v=O98WzXb4EQc</a>	Dance along with the Grinch during this fun and fast paced movement video! Kiddos will work on their balance, focus, strength and motor planning skills practicing yoga poses during the "FREEZE" portions of the video.	6:24 minutes
<b>Christmas PE Games: Elves On The Run</b>	<a href="https://www.youtube.com/watch?v=h6vtuQFkVzA">https://www.youtube.com/watch?v=h6vtuQFkVzA</a>	This video game inspired activity gets kiddos up and running! Perfect way to burn off some of those sugar cookie rushes. <b>Gross motor skills practiced:</b> jumping, side stepping (dodging), running and throwing!	6:33 minutes
<b>The 'ELF' Christmas Workout #GETKIDS MOVING (10Mins)</b>	<a href="https://www.youtube.com/watch?v=R82EBGYm9fw">https://www.youtube.com/watch?v=R82EBGYm9fw</a>	Who doesn't want to work out with Buddy the elf? He will definitely put a pep in your kiddos step with his HIIT inspired workout... phew! Kiddos will have 30 seconds to participate in one exercise then 10 seconds rest prior to moving on to the next exercise.	9:48 minutes
<b>Christmas Special   A Cosmic Kids Yoga Adventure!</b>	<a href="https://www.youtube.com/watch?v=pMeKIAEpWxw">https://www.youtube.com/watch?v=pMeKIAEpWxw</a>	This christmas yoga adventure is a great way to have your kiddos cool down at the end of the day or wake their bodies up when they first arrive in school	16:30 minutes
<b>Super Mario Winter Run   Winter Brain Break   GoNoodle   Just Dance</b>	<a href="https://www.youtube.com/watch?v=2CXG02qzWcM">https://www.youtube.com/watch?v=2CXG02qzWcM</a>	Dodge left, dodge right, jump to get some coins with this Super Mario inspired movement video!	8 minutes
<b>Winter PE Games: I Spy - Winter Edition</b>	<a href="https://www.youtube.com/watch?v=-2wYgG-f648">https://www.youtube.com/watch?v=-2wYgG-f648</a>	This video is great for older kiddos. Not only are they going to have fun performing exercises and yoga poses, but they will also work on their visual perceptual skills when they are playing "I spy!"	9 minutes