

# **The Fit Kids Classroom Workout**

A collection of contemporary dance and workout routines on video. The resource is designed to be used in any school space, any time, any day. It seeks to invigorate and motivate students during their daily routines or to warm them up in preparation for physical activity.

The Fit Kids Classroom Workout por Human Kinetics. El libro publicado por Human Kinetics Publishers.. Regístrese ahora para tener acceso a miles de libros disponibles para su descarga gratuita. El registro fue libre.



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Kids dance video, exercise videos for kids. Dance instruction and fitness videos DVD. Children's exercise videos learn to dance, Sesame Street, J-Lo, creative movements, hip hop and hula.

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We all know how important it is to exercise daily. Physical activity not only helps us stay in great shape, it also boosts the physical, social, and mental aspects of a person's development.

## **Classroom Exercise Breaks for Elementary Students**

Elementary school teachers can incorporate physical activity breaks into daily classroom routines to help improve test scores and student behavior. This article is for educators.

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Quick Lessons For You Quick lessons to go. Fun activities and time fillers for teachers, students, homeschoolers and parents.