



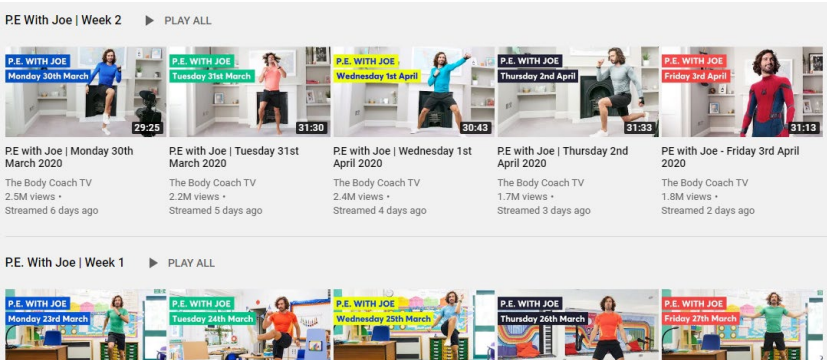
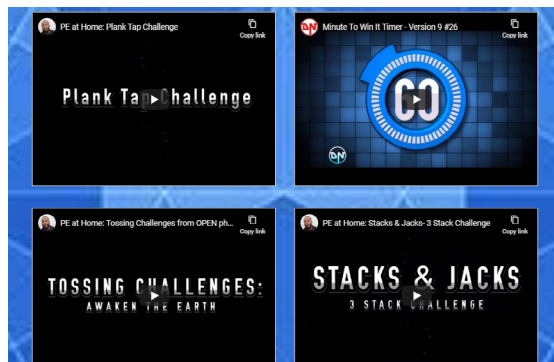
PHYSICAL ACTIVITY REMOTE RESOURCES

Although it's quiet on the Kelvin Grove campus at the moment, it's important for our students to maintain their physical activity.

Looking for ideas on how to keep active remotely? We've put together a few resources to get you started!

#HPEATHOME GAMES AND CHALLENGES

A collection of online resources showcasing how HPE Teachers around the world are staying active during this time. Plenty of ideas to help you get creative with physical activity!



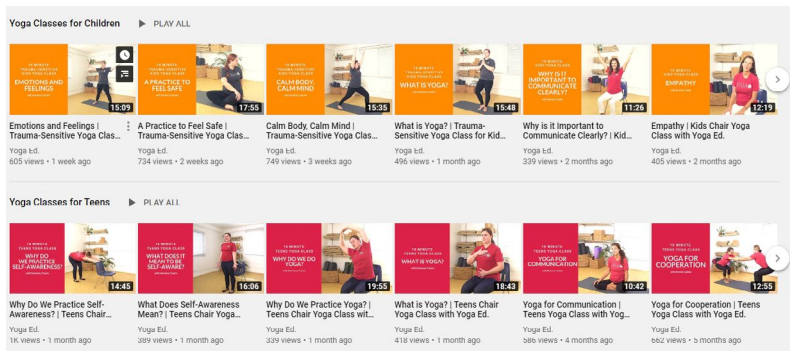
YOUTUBE CHANNEL → THE BODY COACH TV → [PE WITH JOE](#)

The Body Coach TV posts weekly HIIT workouts to help increase strength and improve health. PE with Joe provides simple workouts specifically targeted at students.

YOUTUBE CHANNEL → [YOGA ED.](#)

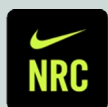
Yoga Ed. is an educational company dedicated to changing education through the practice of yoga.

This YouTube channel contains classes, brain breaks, and relaxations all created following Yoga Ed.'s comprehensive Teaching Children's and Teens Curriculum.

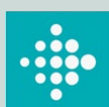


Download these apps, team up, and battle your friends in a physical activity competition!

CHALLENGE YOUR FRIENDS



Nike Run Club



FitBit



Nike Training Club



Strava



Yoga Studio



Run Keeper

MINDFULNESS & MENTAL HEALTH

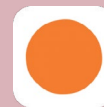
Apps to help staying mindful and positive and keep our brain active!



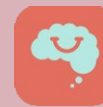
Lumosity



Elevate



Headspace



Smiling Mind