

PE with Joe



Home



Online Videos

Audience(s): Teachers, K-12 students

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Description

Joe Wicks shares free all-ages workouts daily (M-F) on his YouTube channel. These 30-minute workouts don't require any special equipment and are fun, energizing, and engaging to do alone or with family.

Objective(s)

Research shows that physical activity improves emotions and mood, quality of life, self-esteem and cognitive functioning. Thirty minutes of moderate- to vigorous-paced activity three-five days a week reduces anxiety, depression and stress. Guided exercise can inspire us stay committed and find the fun in exercise.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcreources@gmail.com