

Active You Tube Videos

1. Boom Chicka Boom (3:20) <https://www.youtube.com/watch?v=F2XVfTzel8E&feature=youtu.be>
2. The Sid Shuffle (3:25) <https://www.youtube.com/watch?v=uMuJxd2Gpxo&feature=youtu.be>
3. Stretching Song (3:23) <https://www.youtube.com/watch?v=EpdkqVIsNPY&feature=youtu.be>
4. The Gummy Bear Song (2:30) <https://www.youtube.com/watch?v=5hn61z3FIMQ&feature=youtu.be>
5. The Walking Song (3:00) <https://www.youtube.com/watch?v=NU1W1HdfavI>
6. Shake Break (1:26) <https://www.youtube.com/watch?v=zl5QodAFuVk>
7. JustbFit (13:08 –activity starts at 2:56 with several workouts following)
 - a. <https://www.youtube.com/watch?v=eEmeavo9Cyk>
8. Finger Fitness Exercise Dances for Kids https://www.youtube.com/watch?v=r2tBH_XyeJc
9. Fit Factor Kids Exercise (4:40) <https://www.youtube.com/watch?v=6LndXdPdKaQ>
10. Wobbly Man (1:45) <https://www.youtube.com/watch?v=P-TFtz1reGo>
11. Health Works Youth Fitness 1010 Warm Up:
 - a. https://www.youtube.com/watch?v=dRQf3yFXO1Y&list=PLi-7CrjHWbqicvpg_NC8N7RVcNrRAMnmV
12. Just Dance-Eye of the Tiger (4:14) <https://www.youtube.com/watch?v=fqUmLhHfImM>
13. Hip Hop Slow (4:48) <https://www.youtube.com/watch?v=2oRh2yPDzpg>
14. Get Funky (5:04) <https://www.youtube.com/watch?v=FGGrnC1K3D7c> (Dance starts at 29 sec)
15. C'mon Let's Dance (4:21) <https://www.youtube.com/watch?v=TqaBy2RsD54>
16. Shake Your Sillies Out (3:08) https://www.youtube.com/watch?v=NwT5oX_mqS0
17. Move & Freeze (4:00) <https://www.youtube.com/watch?v=388Q44ReOWE>
18. A Ram Sam Sam Dance (3:55) <https://www.youtube.com/watch?v=zBttXAMxaXE>