 **Fun Apps and Websites**

1. Classroom Roulette – Students can make a fitness wheel. Set a timer and spin the wheel, perform the exercise, repeat until the time is up.
2. Swork It – Students can chose a workout and a time frame. Shows you how to do the exercises.
3. Sweat Deck – a card game app where the cards have an exercise on them for the students to perform.
4. Workout Producer – (apple devices only) - this app is best or older students (I’d say gr. 3 and up). Students can build their own workout, the app guides you through, you can record yourself doing the exercises or use their visuals.
5. Jump it – this is an app for skipping, there are several skipping activities that students can work through at their own pace. No Skipping Rope – No problem – there is a video link of how you can make one at home (craft time too ☺)
6. Balance it – this app has come individual balances for students to try, or if family members are willing to join in, there are some fun challenges.
7. 7min workout app – lots of workouts for the students to complete, 7mins in length, they can chose one every other day and complete it.
8. HomeCourt – (apple devices only) – this is a basketball app with different skills and drills students can try at home.
9. AR runner – (apple devices only) – this is one of my favorites, but you look very silly as an adult out playing this! It should be played outside, as you need some space. Dots light up on the screen and you have to run to the dot. The challenge is to see how many dots you can get to in the 30 seconds. You can challenge others in your family. It takes a little practice with the app, but is super fun.
10. Smiling Mind – this is an app for mindfulness – have students pick a task once a week to complete.
11. Run Keeper – this app tracks your running distance, pace, etc. Great for adults and older students who are able to go out for a run or walk in the neighbourhood.
12. Active Globe – another app great for adults and older students – you need to create an account and then you put in a location that you would like to reach by walking or running that distance. You see your progress on the app as you put in your walks and runs. You can receive certificates for completing and you can compete against others.
13. The Walk – this app turns your walk into an adventure, hidden clues, etc.
14. Zombies Run – best for adults and older students – the app allows you to interact with a story as you run. Should have headphones for this one.
15. ImgPlay – this is an app that students can take a skill and turn it into an animated GIF.
16. Video Delay – this is a great app that videos you performing a skill a skill and you can watch an instant replay. Students should practice their push ups and their planks and video them to see if they match my pictures on the walls ☺ The can google images of exercises to see if their form matches.
17. Hudl technique – another app to review techniques of skills to see what you are doing properly and what you could improve on.
18. Canva – this is an app to make posters. I played on this app for a long time, it was fun to create posters using my personal pictures as well as the huge library of pictures, sayings, etc that was provided.
19. Comic Life – this app allows students to make a comic, it could be of what they have been doing.
20. Lazy Monster – this is another app for mini workouts. This one is great for younger students (K-2).