

APE at Home

These would be great to use as movement breaks between studies or for a quick exercise break when necessary.

Create a Sock Ball at Home:

Video link: <https://www.youtube.com/watch?v=-HgJNDYe8k4>

Would You Rather Warm-Ups:

Each of the warm up videos allow the student to self-choose from two items provided. An exercise is then displayed based on the choice made. The first example is an apple or an orange. Once the student has chosen, they will perform the corresponding exercise for 30 seconds.

Would you rather 1: <https://www.youtube.com/watch?v=G3y5rmgHBgs>

Would you rather 2: <https://www.youtube.com/watch?v=jAuhWjMRCpg>

Exercise videos:

<https://www.youtube.com/watch?v=jyWYBern6q4>

<https://www.youtube.com/watch?v=vSpYvhjYccs>

Dance Videos:

<https://www.youtube.com/watch?v=MnpXqR3KXNw>

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

<https://www.youtube.com/watch?v=RYgIVc5Jvjg>

<https://www.youtube.com/watch?v=IM7ahIPxKk>

Yoga/Stretching Videos:

<https://www.youtube.com/watch?v=HXkAPjuWy9A>

<https://www.youtube.com/watch?v=sF4wfX5V7RM>

<https://www.youtube.com/watch?v=fnO-IGEMOXk>

Activity Packet Videos:

Scarf: <https://www.youtube.com/watch?v=LMVEAJpeqSk&feature=youtu.be>

Beanbag: <https://www.youtube.com/watch?v=TtVbyXz4sio&feature=youtu.be>

Noodle: <https://www.youtube.com/watch?v=LgMohkixc2l&feature=youtu.be>

Self-Passing: <https://www.youtube.com/watch?v=-RneuGZEumk&feature=youtu.be>