

**Name/Title:** Fun Reaction Light Workout for PE at Home

**Purpose of Event:** To engage students in a variety of fitness movements by utilizing a "reaction light".

**Prerequisites:** No prior knowledge is necessary but I demonstrated each exercise at the beginning will be performing common exercises such as squat, jumping jack, side step, hot feet.

**Suggested Grade Level:** 6-12

## Description of Idea

Click Video link to the activity.

[See Video](#)

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Submitted by **Idrissa Gandega** in New York, NY. Thanks for contributing to PE Central! **Posted on PEC: 11/10/2020.**

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