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

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

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