Name/Title: **Red Light Green Light Remote Teaching Cardio for Kids**

Purpose of Event: Create a fun way to improve students cardio in a limited space while also using a classic game such as red light green light to add a fun little twist.

Prerequisites: Be familiar with burpee and high knees

Suggested Grade Level: 6-12

Description of Idea

Here is a video of me explaining and performing the activity. Students can simply follow along with the workout.

See Video (Opens new window to YouTube)

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

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