

**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)

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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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