

Name/Title: Spin the Dreidel Fitness - Happy Hanukkah!

Purpose of Event: This Hanukkah themed game with a fitness twist is perfect for the holiday season.

Suggested Grade Level: 4-12

Description of Idea

This is Hanukkah themed fitness game for PE at home, Zoom, Google Meet, Google Hangouts, Face time, family time, etc.

As usual before starting any workouts do your dynamic warmups to warm yourself up then get into the workout, do your cool down stretches at the end.

Here is a video of the activity.

[View Video](#) (Opens in new window to YouTube)

Teaching Suggestions:

Ask students what holidays their families celebrate and one tradition associated with the holiday for their family.

Submitted by **Idrissa gandega** in New york, NY. Thanks for contributing to PE Central! **Posted on PEC: 12/8/2020.**

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