Name/Title: Heart and Seek Valentine's Day Fitness Activity (PE at Home)

Purpose of Event: To work on fitness with a fun workout for Valentines Day.

Suggested Grade Level: 3-12

Materials Needed: A way to show the video.

Description of Idea

This activity is great for PE at Home while teaching remotely. Watch the video and make sure to make it full size on your computer.

If you guess where the heart pops up, you can chill for that round. If you don't correctly guess then do the exercise that is written on the screen for 30 seconds. If you need to hit pause to make sure all the guesses are in before showing the exercise feel free to do so.

All the details of the lesson are in the video below.

Video

Submitted by **Idrissa Gandega** in New York, NY. Thanks for contributing to PE Central! **Posted on PEC: 2/4/2021**.

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