



# EAGLE MOUNTAIN SAGINAW ISD

*Fostering a Culture of Excellence*

## Curriculum Resources for At Home Exercise

Attention Parents:

EMS ISD supports healthy living during this challenging time in our history. The number one thing you can do to help your kids continue to be healthy is to promote healthy eating, healthy hygiene and vigorous activity. Kids playing outside and exercising are key to a healthy day and healthy habits.

The resources below are easily accessible. Parents should vet any youtube channel that may be a resource of link.

Please check back for updates.

K-12

<https://www.youtube.com/watch?v=Rz0go1pTda8>

K- 12

<https://openphysed.org/>

K-12

<https://www.darebee.com/>

K-5

<https://family.gonoodle.com/>

K-5

[www.cosmickids.com](http://www.cosmickids.com)

this is a youtube channel parents should assist in accessing.

K-12

<https://health.gov/moveyourway>

K-8

<https://www.pecentral.org/>