Kids mini workout film clips

<https://www.youtube.com/watch?v=3_oIssULEk0&safe=active>

<https://www.youtube.com/watch?v=ol7vF6dJsh8&safe=active>

<https://www.youtube.com/watch?v=T8jI4RnHHf0&safe=active>

<https://www.youtube.com/watch?v=pizI7eNVSg8&safe=active>

<https://www.youtube.com/watch?v=kYsA9-Qbtyk&safe=active>

Kids dance work out clips

<https://www.youtube.com/watch?v=PKyuJhHQCfI&safe=active>

<https://www.youtube.com/watch?v=VIDcRSutPsE&safe=active>

<https://www.youtube.com/watch?v=Q5GegqI4IJI&safe=active>

<https://www.youtube.com/watch?v=HYX6H0zRmbc&safe=active>

Minute sports challenges

<https://www.youthsporttrust.org/sites/default/files/Socks%20in%20the%20Box.pdf>

<https://www.youthsporttrust.org/sites/default/files/Around%20the%20World%20Challenge.pdf>

<https://www.youthsporttrust.org/sites/default/files/Climb%20the%20Mountain%20Challenge.pdf>

<https://www.youthsporttrust.org/sites/default/files/Skipping%20Challenge.pdf>

<https://www.youthsporttrust.org/sites/default/files/Squat%20Jump%20Challenge.pdf>

<https://www.youthsporttrust.org/sites/default/files/The%20Plank%20Challenge.pdf>