

CAB Outside Resources

I. Additional CAB Video Resources

Title	Recommended Grades	Source	Link
Head, Shoulders, Knees & Toes	Kindergarten	Just Dance for Kids	https://www.youtube.com/watch?v=POT1pdyq7Jg
Yo Gabba Gabba "The Freeze Game"	Kindergarten	Just Dance for Kids	https://www.youtube.com/watch?v=mxvhECbhjFU
The Hokey Pokey	K-3	Just Dance for Kids	https://www.youtube.com/watch?v=wu3gFDYLnX0
A Pirate You Shall Be	K-3	Just Dance for Kids	https://www.youtube.com/watch?v=6luwLbVftol
Despicable Me Dance	K-5	Just Dance for Kids	https://www.youtube.com/watch?v=sF571ijdtzY
Get Yo Body Movin'	K-5	GoNoodle	https://www.youtube.com/watch?v=jvgYsbDDZW8
Kung Fu Fighting	K-5	Just Dance for Kids	https://www.youtube.com/watch?v=6DLPSU3PTNA
I Like To Move It	K-5	Just Dance for Kids	https://www.youtube.com/watch?v=7wIKFjMj93I
Wobbly Man	K-5	GoNoodle	https://www.youtube.com/watch?v=NsJkYntbNZY
Dynamite	4-5	Just Dance for Kids	https://www.youtube.com/watch?v=eughyYPoExk
Love is Gone	4-5	Alliance for a Healthier Generation	http://www.schooltube.com/video/6eab104654ec40ddb428/Fit%20for%20a%20Healthier%20Generation:%20Zumba%20Love%20Is%20Gone
That Power	4-5	Just Dance for Kids	https://www.youtube.com/watch?v=rs9HC3slop4

II. Holiday CAB Material

Halloween:

Title	Recommended Grades	Source	Link
Calling All the Monsters	K-5	Just Dance for Kids	https://www.youtube.com/watch?v=loPpKfw3UAs

Ghostbusters	4-5	Alliance for a Healthier Generation	http://www.schooltube.com/video/71bf2d215e604d02bd7c/Fit%20for%20a%20Healthier%20Generation:%20Zumba%20Ghostbusters
Thriller	4-5	Performance Club Kids	https://www.youtube.com/watch?v=il7Fu35j1kE

Winter:

Title	Recommended Grades	Source	Link
Jingle Bells	K-5	Just Dance for Kids	https://www.youtube.com/watch?v=7BObxo6KXKc

May 4th (Star Wars)

Title	Recommended Grades	Source	Link
Blasterproof	4-5	Kinect Star Wars	https://www.youtube.com/watch?v=E_Ea28Z7PBU&feature=youtu.be&t=22

III. Website Links

ABC for Fitness: <http://www.davidkatzmd.com/docs/ABCManual.pdf>

Energizers: https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf

GoNoodle: <https://www.gonoodle.com/>

SPARK: <http://www.sparkpe.org/abc/>

TAKE 10!: <http://take10.net/wp-content/uploads/sites/26/2016/05/2-39-Food-Super-Powers1.pdf>