



 <p>www.gonoodle.com</p>	<p>Go Noodle:</p> <p>Turns screen time into active time; betters academic performance; creates great family fun Contains hundreds of videos that activate kids' bodies and brains.</p> <p>Free to sign up</p>
 <p>http://www.cosmickids.com/</p>	<p>Cosmic Kids:</p> <p>Make yoga and mindfulness fun for kids. Stories are told through yoga and are interactive for viewers.</p> <p>Free access: Monthly fee to watch Ad free</p>
 <p>http://www.peclogit.org/kidsquiz.asp</p>	<p>PE LogIt:</p> <p>A fun daily trivia quiz for ages 8-18. Includes questions on nutrition, health, physical activity and sports.</p>
 <p>http://www.kidnetic.com/</p>	<p>Kidnetic.com:</p> <p>This online site provides a range of both interactive online activities and ideas for physical play outdoors. Includes sections on healthy eating and a source of learning articles. Has a separate parent section.</p>
 <p>www.runnersworld.com/kids-running</p>	<p>Runner's World:</p> <p>Online magazine with a section dedicated to kids running. Contains links to a wide range of running resources and articles.</p>