



Ministero dell'Istruzione
Ufficio Scolastico Regionale per il Veneto
UFFICIO VIII - AMBITO TERRITORIALE DI VICENZA
Borgo Scroffa, 2 - 36100 Vicenza

Scuola Primaria

attività motoria per bambini da fare a casa...

<https://www.youtube.com/watch?v=Eib8v1AvnCM>

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

ESERCIZI DI COORDINAZIONE

https://www.youtube.com/watch?v=T_dXWUF2_I0

Esercizi per Bambini-Lavoro domestico (descrizione in inglese)

9 Home Workout

<https://www.youtube.com/watch?v=oc4QS2USKmk>

11 Home Workout

https://www.youtube.com/watch?v=6u9dtrZ_cxs

Exercise for Kids

<https://www.youtube.com/watch?v=N5gX--B1jlc>

Full Body Kids Workout

<https://www.youtube.com/watch?v=uy5pnX4xAuw>

Kids Exercises

<https://www.youtube.com/watch?v=7W2N-Xcw17U>

Arms +Legs

<https://www.youtube.com/watch?v=pizl7eNVSg8>

Day 1

<https://www.youtube.com/watch?v=T8jl4RnHHf0>

Get Stronger

https://www.youtube.com/watch?v=o8uTdn_zkok

Morning Workout

<https://www.youtube.com/watch?v=skSbg1IGup8>

10 Exercisess

<https://www.youtube.com/watch?v=1OiXc5oUtx0>

Full Body

<https://www.youtube.com/watch?v=uy5pnX4xAuw&t=558s>