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Move along with amazing mega-mixes. Keep moving with GoNoodleGoNoodle free for teachers, parents and children! In addition to stepping up content, GoNoodle has 300 dance videos, mindfulness activities, and more interesting videos for kids! Available for free everywhere kids: New GoNoodle and not sure where to start in our library activities? Check out these blog posts for recommendations: A reference guide to all activities: Rows Orange: Available only with GoNoodle Plus subscriptions. Game on! Games (Found in the game on! and GoNoodle Plus Sections) Duration Of Action Recommended Activity Type Activity Basic Alignment copy Cat Man 3 minutes K - 5 Moderate targeted movement quantum zapp 3 minutes K - 5 Energetic targeted movement Ultimate Champ Training 2 to 10 minutes K - 5 Energizing Sports and Exercise Health and Science Airtime 3 Minutes K - 5 Soothing Deep Breath Research / Geography Airtime Space 3 Minutes K - 5 Soothing Deep Breath Science Montana James and Palace of Danger 2 to 10 Minutes K - 8 Moderate Targeted Motion ELA Field Journey 2 to 4 Minutes K - 5 Energetic Running Science Freeze It 1 Minute K - 5 Energetic Dancing Mathematics, ELA, Geography Word Jam 3 Minutes K - 5 Energetic Targeted Motion ELA Bodyspell 2 - 10 Minutes K - 5 Energetic Targeted Motion ELA Mega Math Marathon 2 - 5 Minutes K - 5 Energetic Running Mathematics Thinking on Your Feet 2 - 10 Minutes K - 8 Moderate Targeted Motion Awesome Variety Sauce (Found in Awesome Sauce Channel) Blazer Fresh NTV Hot Ticket Ku Ku Roux Video (Found in Koo Kanga Roo Channel) Activity Title Title Recommended Performance Activity Type Major Alignment Milkshake 2:16 K - 5 Moderate Dancing No Cat Party 3:3:102 K - 5 Energetic Dancing Nobody Pop See Ko 2:18 K - 5 Energetic Dancing No Indoor Break Videos (Found in Indoor Channel Break) Champiverse and Champ Harmonic Stream Video (Found in Channel Stream) Lines in Orange: Available Only with GoNoodle Plus Subscription. Moose Pipe (Found in Moose Pipe Channel) Fresh Start Fitness Video (Found in Fresh Start Fitness Channel) Activity Title Recommended Assessment Activity Type Basic Leveling Overdrive 2:50 2 - 5 Energetic Sports - Exercise No Edge 3:28 2 - 5 Energetic Sports - Exercise No Pump It 4:23 Exercise 2 - Exercise 5 Exercise - 5 Energetic Sports 20:50 Sports - Exercise Nobody Wakes Up 3:38 2 - 5 Energetic Sports - Exercise No Full Speed 3:38 2 - 5 Energetic Sports 3:50 2 - 5 Energetic Sports - Exercise No Rock Out 3:33 2 - 5 Energetic Sports - No General Action 20:08 2 - 5 Energetic Sports - Exercise No 5:15 2 - 5 - Energetic Sports - Exercise No Explosion Off 2:44 2 - 5 Energetic Sports - Exercise No Electricity 2:42 2 - 5 Energetic Sports - Exercise Nobody Go 3:33 2 - 5 Energetic Sports - Exercise No Empower Tools Tools in Empower Tools Channel) Brainercise with Mr. Catman (Found in Brainercise with Mr. Catman Channel) Think about this Video (Found in Think About It Channel) Rows in Orange: Available only with a GoNoodle Plus subscription. Go With Pro Games Flash Required Activity Name Duration Recommended Activity Type Basic Alignment 100M Sprint 3 Minutes K - 5 Energetic Running No 200M Sprint 4 Minutes K - 5 Energetic Running No 100M Hurdles 3 Minutes K - 5 Energetic Running No Hammer Throw 3 Minutes K - 5 Energetic Running No Javelin 4 Minutes K Minutes K - 5 Energetic Running No High Jump 4 Minutes K - 5 Energetic Running No Shotput 4 Minutes K - 5 Energetic Running No 400M Sprint 4 Minutes K - 5 Energetic Running No Triple Jump 4 Minutes K - 5 Energetic Running No 400M Hurdles 4 Minutes K - 5 Energetic Running No Steeplechase 4 Minutes K - 5 Energetic Running No One Answered? Thanks for the feedback There was a problem presenting your reviews. Please try again later. Last updated October 5, 2020, results were not found © GoNoodle 2020. Works to help Scout move along with amazing mega-mixes. Keep moving with GoNoodleGoNoodle free for teachers, parents and children! In addition to stepping up content, GoNoodle has 300 dance videos, mindfulness activities, and more interesting videos for kids! Available for free everywhere kids: New GoNoodle and not sure where to start in our library activities? Check out these blog posts for recommendations: A reference guide to all activities: Rows Orange: Available only with GoNoodle Plus

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Keep moving with GoNoodleGoNoodle free for teachers, parents and children! In addition to stepping up content, GoNoodle has 300 dance videos, mindfulness activities, and more interesting videos for kids! Available for free everywhere kids: There are good things on the horizon of 2015 and we are happy to share them with you! We'll keep a running list of all new things for GoNoodle's 2015, so you can stay up to date that And it's interesting. - Ultimate Champ Training: Get ready to train with trainer Terry and GoNoodle Champs! This brand new brain rupture takes students through health topics like healthy eating, physical activity and personal hygiene as they flex muscles, knowledge of health, and creativity! Find out more here. New Ku Kanga Roo: To start the year on a huge note, 4 brand new brain breaks from Ku Kanga Roux! Handy links: I Get Loose, Weird Sounds, Secret Handshakes #2, Pop See Ko, Secret Handshakes #3 Mega Mixes for Indoor Recess: Mega Mixes are our most popular brain breaks mixed together for longer GoNoodling sessions. Each mixture goes through a warm-up, a longer active session and cool at the end. Note: we wouldn't technically classify mega mixtures as brain breaks because they are more than 5 minutes long. These blends are designed for classrooms that want to stay active longer during a break, as opposed to between subjects, during morning meetings, after tests, and all other times teachers use brain ruptures. Whenever the weather allows students to run outside for a break, we hope they do ☺ Mega Mix 1: Get Your Body Moving with Ku Ku Kanga Roo; Run like a kitten; I like to move it with the zumba of the children; Walk up the stairs Bob; Uber Straddle with Maximo Mega Mix 2: Around town with Maximo; Ninja training with Ku Koo Kang Roux; 400M Hurdles with Run With US; Happy with the zumba Kids; Chillax with Ku Ku Koo Kanga Ru Mega Mix 3: Kitty High Five; Dance Dance Dance with zumba Kids; Disco Brain; Secret handshakes #1 Ku Kang Ru; Winning with Maximo Mega Mix #4: Guts, I Get Loose with Ku Ku Koo Kanga Roux, Flex, Crumb Boom, 123 Shake with zumba Kids, Uber Straddle with Maximo Mega Mix #5: Cirque De So Leg with Maximo, Pop See Ko with Ku Kanga Roux, Marshmallow Stomp, Party Rock with zumba Kids, 100M Sprint with USA, 100M Sprint with U.S. When #3, Chin with a stream of Mega Mix #6: Ready Steady, Call Me Maybe with KID' BOP Kids, Running like Kitty, Fast-Mo, Pop See Ko with Ku Kou Kanga Ru Mega Mix #7: Smooth Operator, Weird Sounds with Ku Kang Roux, Kitty High Five, zumbaka with zumba Kids: Now you can put the game in Random to play with a random mix of class-specific questions, and a 20-second time frame to answer is now a one-minute limit based on teacher feedback! Additional categories and subcategories: Measurement: Length (K-5) Measurement: Weight (K-5) Geometry: 2D Shapes (K-5) Geometry: 3D Forms (K-5) Fractions: Parts of the Whole (1-1 -5)5) Multiplying: Arrays (K-2) Time: Parts of the Clock (K-1) Time: Time to Hour (1-4) Fractions: Mixed Numbers (4-5) Click here for the full list of Mega Mathematics Marathon categories. Note: Mega Math Marathon is a GoNoodle Plus game, GoNoodle Plus users. Find out more about GoNoodle Plus! Plus!

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