

DISTANCE LEARNING RESOURCES PHYSICAL EDUCATION AND HEALTH EDUCATION

This is a working document, so please check back often for changes or added resources



NCHPAD

<https://www.nchpad.org/Educators>

NCHPAD seeks to help people with disability and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.



ALLIANCE for a HEALTHIER GENERATION

<https://www.healthiergeneration.org/articles/covid-19-update-key-resources-to-support-families-educators-and-employers>

The goal of the Alliance for a Healthier Generation is to reduce the prevalence of childhood obesity and to empower kids nationwide to make healthy lifestyle choices. We work with schools, companies, community organizations, healthcare professionals and families to transform the conditions and systems that lead to healthier kids.



HEALTHY EATING ACTIVE LIVING

<https://healunited.org/>

HEAL's mission is to transform health culture through education & practice of healthy lifestyle behaviors



AMERICAN HEART ASSOCIATION

<https://www.heart.org/>

As part of our mission, we focus on specific causes designed to help people achieve a heart-healthy lifestyle.



SHAPE AMERICA

<https://www.shapeamerica.org/>



ACTION for HEALTHY KIDS

<https://www.actionforhealthykids.org/>

SHAPE America's mission is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport.

We are a national nonprofit that brings together dedicated volunteers and partners to make schools healthier places where kids thrive.
[GAME ON ACTIVITY LIBRARY](#)



KIDS HEALTH

<https://kidshealth.org/>

We aim to give families the tools and confidence to make the best health choices.



GONOODLE

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

GoNoodle's mission is to get kids moving to be their strongest, bravest, silliest, smartest, bestest selves. The video content in GoNoodle is designed to encourage and inspire that movement.



OPEN ONLINE PHYSICAL EDUCATION NETWORK

<https://openphysed.org/>

OPEN has one mission: to improve the effectiveness of physical education for every child. We help teachers help their students by providing rigorous, outcomes-based curriculum tools to every physical education teacher – no exceptions.



KHAN ACADEMY

<https://www.khanacademy.org/>

Khan Academy is on a mission to give a free, world-class education to anyone, anywhere. Their personalized learning resources are available for all ages. Video learning segments are followed by practice activities.



PE CENTRAL



EVERFI

<https://www.pecentral.org/>

PE Central provides lesson plans, best practices, videos, and other great resources that teachers can use.

[KIDS PROGRAMS](#)

<https://everfi.com/k-12/parent-remote-learning/>
(parent portal)

100+ game-based, interactive lessons Self-paced digital lessons equip your child with skills for life: character development, mental wellness, financial readiness, career exploration

<https://everfi.com/k-12/teacher-remote-learning/>
(teacher portal)



DAREBEE

<https://www.darebee.com/>

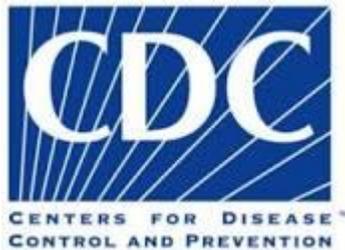
DAREBEE is a non-profit free, ad-free and product placement free global fitness resource. Great for exercises with no equipment.



NFLPLAY60 DISCOVERY EDUCATION

<https://aha-nflplay60.discoveryeducation.com/>

Great resource for lesson plans and activities students can do at home.



CDC BODY AND MIND RESOURCES

<https://www.cdc.gov/healthyschools/bam/teachers.htm>

Body and Mind Classroom Resources for Teachers portal. This page contains a variety of information and resources for teachers of grades 4-8 to use in the classroom and help students make healthier lifestyle choices.



EXERCISE CONNECTION

<http://www.exerciseconnection.com/index.html>

Exercise for those with autism doesn't just help to increase their level of fitness; research shows that it is a building block to improving their focus, maladaptive behaviors, social skills and language development. Families impacted with autism and developmental disorders are continuously trying to improve their child's life through various means, including behavioral and motor therapies, diet, and other cognitive therapies. While all of these efforts are vital during early childhood, many parents have found that exercise will pave the way for the best possible future.



S&S BLOG

<https://www.ssw.com/blog/>

Challenge your students to stay active while at home and build their sports techniques through fitness-based components with the [fitness calendars](#) that the sports created together.



KAHOOT!

<https://kahoot.com/>

Is a game-based learning platform that makes it easy to create, share and play learning games or trivia quizzes in minutes. Unleash the fun in classrooms, offices and living rooms. The program is free for use. [Kahoot](#) offers access to all features to support distance learning in schools affected by the coronavirus outbreak.



WELNET

<https://www.focusedfitness.org/>

WELNET is a software created by Focused Fitness. Great resource for teaching motor skills, physical activity at home. This resource provides video modules that teach the above skills.



FITBOUND

<https://fitbound.com/subscription-plan/>

A global inclusion community built around exercise and health. Our goal is to empower individuals around the world to not only exercise but create their own exercise bursts. Inspiring individuals to break down barriers we are helping to make the world a better, healthier and connected place -- one enthusiast, one loved one, one friend at a time.



CATCH GLOBAL FOUNDATION

<https://www.catch.org/>

It's important to keep kids engaged, healthy, and active at home. has released "**Health at Home**" – a free set of health, nutrition, and physical education materials that require limited space and supervision. Access is quick-and-easy via Google Classroom. Full details and instructions are available at [catch.org/pages/health-at-home](https://www.catch.org/pages/health-at-home).



ADAPTIVE YOGA FOR KIDS

<https://www.youtube.com/watch?v=Dq1XBAkIZEM>

Yoga has become a popular and beneficial activity for all ages and for good reason. For kids with a disability yoga can help them breathe deeper, concentrate longer, and increase their self- confidence. In this [video](#), you can see how yoga can be adapted for kids of all abilities. Watch as each move is demonstrated by a single individual and how that move might play out in a class setting. Yoga should always be viewed as an individual practice. The way one child may be able to demonstrate a pose may look completely different from another child. Allow each student to move freely through their own practice. Poses show in this video adapted from [YogaFit® Kids](#) and lead by Lori Watkins, Recreation Coordinator at Lakeshore Foundation.



EDUCATION, TRAINING AND RESEARCH (ETR)

etr.org



SPARK AT HOME

<https://sparkpe.org/sparkhome>

ETR's comprehensive K-12 health and wellness curriculum which gives children and youth the knowledge and skills to make healthy choices and establish life-long healthy behaviors.

Create a FREE account at SPARKeacademy.org to access 3 weeks of materials (15 per program: Early Childhood, K-2, 3-6, Middle School, High School) to keep students active & healthy. We also encourage parents to create a free account so they can directly access the materials.



PBS KIDS

<https://www.pbs.org/parents/me-and-my-family>

PBS KIDS is committed to making a positive impact on the lives of children through curriculum-based entertainment. With a 360-degree approach towards learning and reaching children, PBS KIDS leverages the full spectrum of media and technology to build knowledge, critical thinking, imagination and curiosity. By involving parents, teachers, caregivers and communities as learning partners, PBS KIDS helps to empower children for success in school and in life.