

Resources for Distance Learning at Home

Physical Education

- ❖ Challenge your students to stay active while at home and build their sports techniques through fitness-based components with the [fitness calendars](#) that the [Alliance for a Healthier Generation](#) and [S & S](#) sports created together.
- ❖ [Action for Healthy Kids](#) developed the [40 Tips for an Active Family](#) to get families moving together. The idea is that you would cut out each tip and place them in a bag or jar. Then every evening, the children would draw an activity from the bag or jar and that would be the family's activity the next evening.
- ❖ The latest research points to a favorable association between cognitive functioning and physical activity breaks when offered during the school day. These classroom breaks are often called "brain boosters" or "brain breaks" and involve physical activity as well as learning and social interaction activities. Watch this [video](#) for an inclusive brain booster that will involve all students including those with disabilities!
- ❖ Need a quick physical activity break? Give this fun [8-minute workout](#) a try to increase your strength, cardio, and flexibility. You can use it as a brain booster, during a conference/meeting or as your exercise for the day.
- ❖ Yoga has become a popular and beneficial activity for all ages and for good reason. For kids with a disability, in particular, 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.

- ❖ [PE Central](#) presents our collection of [online programs](#) built to motivate children of all ages to become more physically active.
- ❖ A flexible, [free online](#) framework to help schools create healthier learning environments for students, staff, and communities
- ❖ [GoNoodle](#) gets kids up and moving to fun, engaging content. Every lesson is designed to get children moving and to engage their minds to be their best.
- ❖ [Fitbound](#) is 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. Be sure to sign up for the free version.
- ❖ Welcome to the [Active Home resource center](#). The tools and resources on the page are designed to help families enjoy physical activity together as a way to enhance physical and emotional health and well-being.
- ❖ [Kahoot](#) 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 free access to all features to support distance learning in schools affected by the coronavirus outbreak.
- ❖ [A resource](#) list of educational companies offering free subscriptions for their platforms compiled by Amazing Educational Resource Group
- ❖ West PE with Mr. T-[Fitness Calendar](#) created for individuals to use during this time.
- ❖ [SHAPE America](#) is dedicated to helping physical education and health education teachers across the country as many schools and school districts are moving to distance learning due to COVID-19. In response, we have created a [collection of resources](#) from SHAPE America and other K-12 health and physical educators to help you continue to provide high-quality, standards-based lessons despite the circumstances. Adapt, repurpose or use the resources provided as you see fit to best meet the unique needs of your students. Be sure to bookmark this page and come back as we will be adding content regularly.

Additional Resources:

[Home Healthy Living Activities](#)

[Work out of the Day Routines](#)

[Technology Resources](#)

[Physical Education Videos](#)

[At Home Learning & Movement](#)

[Physical Education Activities/Games Youtube](#)

[Coach Devore's Physical Education Page](#)

Accounts on twitter that are sharing resources often:

@physedreview

@exerciseconnection

@pewithmrc

@supportREALtchr

@SHAPEamerica

@PhysEdDepot

#HPEathome

#teachershelpingteachers

