

**Distance Learning at Home**  
**Resources for Physical Activity**

Resource	Description	Content Area	Target Grades	Cost
<a href="#">DAREBEE</a>	DAREBEE is a non-profit free, ad-free and product placement free global fitness resource. Great for exercises with no equipment.	Physical Education	K-12	FREE
<a href="#">GoNoodle</a>	This program 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.	Physical Education	K-6	FREE
<a href="#">NFLplay60 discovery education</a>	Great resource for lesson plans and activities students can do at home.	Physical Education and Health	K-12	FREE
<a href="#">OPEN Online Physical Education Network</a>	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.	Physical Education	K-12	FREE
<a href="#">OPEN Fitness Journal</a>	This is a two-week home journal that students complete at home. GREAT RESOURCE	Physical Education	K-12	FREE
<a href="#">EVERFI</a>	EVERFI is offering SOME free resources. Offers 9 health and wellness lessons (free) digitally for K-12 Health Education.	Health Education	K-12	Some FREE resources
<a href="#">SHAPE America</a>	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	Physical Education	K-12	FREE

	resources provided as you see fit to best meet the unique needs of your students			
<a href="#">SHAPE America Health Moves Minds</a>	SHAPE offers Health lessons that align with the national standards	Health Education	K-12	FREE with membership
<a href="#">Centers for disease control and prevention- Body and Mind</a>	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.	Health Education	4-8	FREE
<a href="#">Kids Health</a>	This is a great website for videos to explain how different parts of the body work along with a variety of other resources.	Health Education	K-12	FREE
<a href="#">NCHPAD</a>	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. This is a great resource to get students with disabilities active at home.	Physical Education	K-12	FREE
<a href="#">WELNET</a>	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.	Physical Education	K-12	May cost Please contact Ron Malm at 509-327-3181 ext 101

<a href="#">Action for Healthy Kids</a>	<a href="#">40 Tips for an Active Family</a> This is a great resource to get kids active.	Physical Education	K-12	FREE
<a href="#">PE Central</a>	A collection of <a href="#">online programs</a> built to motivate children of all ages to become more physically active.	Physical Education	K-12	FREE
<a href="#">Action for Healthy Kids</a>	A flexible, <a href="#">free online</a> framework to help schools create healthier learning environments for students, staff, and communities	Health Education	K-12	FREE
<a href="#">Alliance for a Healthier Generation</a> and <a href="#">S &amp; S</a>	Challenge your students to stay active while at home and build their sports techniques through fitness-based components with the <a href="#">fitness calendars</a> that the sports created together.	Physical Education	K-12	FREE
NCHPAD	Classroom breaks are often called “brain boosters” or “brain breaks” and involve physical activity as well as learning and social interaction activities. Watch this <a href="#">video</a> for an inclusive brain booster that will involve all students including those with disabilities!	Physical Activity	K-12	FREE
NCHPAD	Need a quick physical activity break? Give this fun <a href="#">8-minute workout</a> 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.	Physical Activity	K-12	FREE

<a href="#">Fitbound</a>	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.	Health and Physical Education	K-12	Use the Free version
<a href="#">Kahoot</a>	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. <a href="#">Kahoot</a> offers access to all features to support distance learning in schools affected by the coronavirus outbreak.	Health and Physical Education	K-12	FREE
Amazing Educational Resource Group	<a href="#">A resource</a> list of educational companies offering free subscriptions for their platforms compiled by Amazing Educational Resource Group	Health and Physical Education	K-12	FREE
Mr. West Physical Education	West PE with Mr. T- <a href="#">Fitness Calendar</a> created for individuals to use during this time.	Physical Education	K-6	FREE
<a href="#">Healthier Generation</a>	Healthier Generation has compiled <a href="#">self-care</a>	Health Education,	K-12	FREE

	<a href="#">strategies for staff</a> , kid-friendly <a href="#">conversation starters</a> for parents and caregivers, and information for families to help maintain healthy <a href="#">nutrition</a> , <a href="#">exercise</a> , and <a href="#">sleep</a> routines for children during this challenging time	Physical Education		
<a href="#">CATCH Global Foundation</a>	It's important to keep kids engaged, healthy, and active at home. has released " <b>Health at Home</b> " – 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 <a href="http://catch.org/pages/health-at-home">catch.org/pages/health-at-home</a> .	Physical Education and Health Education	K-8	FREE

Additional Resources:

- ❖ 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.
- ❖ [Home Healthy Living Activities](#)
- ❖ [Technology Resources](#)
- ❖ [Physical Education Videos](#)
- ❖ [At Home Learning & Movement](#)
- ❖ [Physical Education Activities/Games Youtube](#)

- ❖ [Coach Devore's Physical Education Page](#)
- ❖ [At Home Learning Exercise and E-learning for students with Autism](#)

❖ Accounts on twitter that are sharing resources often:

- ❖ @physedreview
- ❖ @exerciseconnection
- ❖ @pewithmrc
- ❖ @supportREALtchr
- ❖ @SHAPEamerica
- ❖ @PhysEdDepot
- ❖ @coach027
- ❖ #HPEathome
- ❖ #teachershelpingteachers

