



Online Resources for Teachers, Parents and Students		
Resource	Link	Description
#HPEat HOME Games	https://sites.google.com/view/hpeathom-e-games/home?authuser=0	Collection of games and activities that can be done at home often with homemade equipment.
Action for Healthy Kids - At Home Resources	COVID-19 and At-Home Resources	Various resources from Action for Healthy Kids partners and other organizations. A flexible, free online framework to help schools and parents create healthier learning environments for kids and communities to thrive.
Action for Healthy Kids - Game On Activity Library	Game On Activity Library	A flexible, free online framework to help schools and parents create healthier learning environments for kids and communities to thrive.
Active Schools - Active At Home Resources	https://www.activeschoolsus.org/news-and-resources/active-at-home/	Free online movement resources for your family to stay physically and mentally healthy – and have fun together.
Alliance for a Healthier Generation	https://www.healthiergeneration.org/campaigns/covid-19	Healthier Generation provides free, evidence-based resources to support the physical, social, and emotional health of children and their caregivers.
American Heart Association (AHA)	https://www.heart.org/en/about-us/coronavirus-covid-19-resources	American Heart Association Coronavirus (COVID-19) Resources
American Heart Association (AHA)	https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults	American Heart Association Recommendations for Physical Activity in Adults and Kids
Aspen Institute: Project Play	Aspen Project Play Coronavirus and Youth Sports	The How Can Parents Keep Kids Physically Active if Schools and Sports are Closed section contains a collection of resources for keeping kids moving at

Please note that this list is provided for informational purposes to support schools and families. Linked materials have not been vetted through an OCID state-level curriculum review committee process.



		home.
Beachbody Kids Workouts	Beachbody Kids Workouts	Temporary service in which free access is provided to a selection of Beachbody Kids Workouts from Beachbody celebrity trainers Tony Horton, Shaun T and Leandro Carvalho.
BOKS Kids - At Home Resources	https://www.bokskids.org/boks-at-home/	Contains games and activities to keep kids active and happy. Includes access to many previously recorded live streamed workouts.
Camp Abilities - Instructional Materials	Camp Abilities Instructional Materials	Contains many instructional videos with strategies on how to assist and instruct children with visual impairments in physical education and athletics.
CATCH - CATCH Health at Home	CATCH Health at Home	CATCH is providing free and easy access to several evidence-based health, nutrition, and physical education materials. These activities require limited space and supervision and are organized into three sections: Physical Activities, Activity Breaks, and Family Health and Nutrition.
Centers for Disease Control and Prevention (CDC)	https://www.cdc.gov/healthyschools/physicalactivity/index.htm	The CDC provides information and resources about physical education and physical activity.
Cerebral Palsy Sport - #StayInWorkOut	Cerebral Palsy Sport Health and Wellness Resources	Information and activities specifically designed to support people to continue to be active and healthy at home. About halfway down the page in the exercise section, there are some stretches, poses and an adapted wheelchair workout.
Cosmic Kids Yoga	https://www.cosmickids.com/	Free adventures on YouTube that make yoga and mindfulness fun for kids.



Dynamic PE ASAP - In-Home Lesson Plans	Dynamic PE ASAP In-Home Lesson Plans	Credible, research-backed, free lesson plans t-wellbeing/hat are great for in-home learning.
Fitbound - Exercise On Demand	https://fitbound.com/	Fitbound provides all individuals with and without disabilities, the opportunity to exercise in a purposeful, fun, and collaborative way. Stream free, inclusive videos in the areas of dance, high-intensity cardio, yoga, strength training, and more.
FitnessGRAM - COVID-19 PE and Fitness Resources	https://fitnessgram.net/covid19-resource/s/	Contains a list of free resources for physical education and physical activity for students, parents and teachers who are practicing social distancing during the coronavirus pandemic.
Focused Fitness	https://www.focusedfitness.org/covid-response	WELNET® Software and Modules are available for free until 7/22/2020.
GoNoodle - GoNoodle for Families	https://www.gonoodle.com/for-families/	Gets kids up and moving to fun, engaging content.
Gopher - At Home Learning Resources	Gopher At Home Learning Resources	A wide variety of free resources including lesson plans, professional development, skills cards, and blogs to help teachers during this stressful time.
Gopher - Active at Home Skill Development Activity Cards	Gopher Free Active@Home Skill Development Activity Cards	Cards include in-depth background, technique, and clear-cut photography that combine for easy-to-follow instruction. Activity cards are available for agility, balance, hand-eye coordination, jumping, speed, basketball, soccer, and volleyball.
Gopher Sports - At Home Equipment Replacement List	At Home Equipment Replacement List	A list of household items that can be used as Physical Education equipment.



Health.gov - Move Your Way	https://health.gov/MoveYourWay/Activity-Planner/	Interactive tool that provides tips and helps with setting weekly physical activity goals.
Healthline - Exercises for Kids with Autism	https://www.healthline.com/health/exercises-for-kids-with-autism	Full-body exercises are best for kids with autism to increase coordination, strength, endurance, and body awareness.
HIDOE Learning Design Resource	https://learningdesign.hawaiipublicschools.org/standards-based-content/physical-education	Core principles and resources for Physical Education.
Hip Hop Public Health	https://hhph.org/repository/	Empowers youth with the knowledge and skills to make healthier choices.
Hip Hop Public Health - HYPE at Home	H.Y.P.E. at Home	Free, fun, standards-based dance breaks that encourage physical activity at home.
HOPSports	Brain Breaks	<p>Brain Breaks® are being made available through the support of the Foundation for Global Community Health (GCH) for free to help support the many millions of students and their families who have been impacted by COVID-19.</p> <p>With many students now staying home, Brain Breaks® has become a creative solution to keep students and their families active and to learn at the same time while indoors.</p> <p>Create a free account, click on the Dashboard tab, then click on the Video Library tab, click on the Brain Breaks tab and view the videos.</p>
HSS Sports Safety Program	https://sports-safety.hss.edu/	<p>Provides free classes and educational resources for children, parents, teachers, and coaches.</p> <p>There are age appropriate PE lessons for Elementary, Middle and High School levels.</p>

Please note that this list is provided for informational purposes to support schools and families. Linked materials have not been vetted through an OCID state-level curriculum review committee process.



KIDZ BOP - Music Videos	https://kidzbop.com/videos/	Dance along music videos for kids sung by kids.
Les Mills - Born to Move	https://watch.lesmillsondemand.com/born-to-move	Each 20 or 40-minute class is jam-packed with cool music and foundation fitness moves and fun games. Workouts can be found for the following age groups: 4-5, 6-7, 8-12, 13-16 year olds.
Marathon Kids - Active at Home	Marathon Kids Active at Home	Free resources to get the whole family moving.
Marathon Kids - Free Resources for PE Teachers	Marathon Kids Free Resources for PE Teachers	Various free resources for PE teachers.
Math and Movement - Activity Guides	https://mathandmovement.com/activities/	Uses multi-sensory, movement-based learning to teach students valuable skills to succeed in their school's math, and reading curricula. Download a variety of activity guides that include activities that help children learn math fundamentals.
National Center on Health, Physical Activity and Disability (NCHPAD) - Home Workouts	NCHPAD Home Workouts	Contains inclusive at home workouts with seated and standing exercises.
OPEN (Online Physical Education Network) -	https://openphysed.org/	OPEN provides rigorous, outcomes-based curriculum tools to physical education teachers.
OPEN Active Home Module	Active Home Module	The OPEN Active Home Module contains tools and resources designed to help families enjoy physical activity together as a way to enhance physical and emotional health and well-being.
PE Central	https://www.pecentral.org/	Website for Health and Physical Education teachers that provides

Please note that this list is provided for informational purposes to support schools and families. Linked materials have not been vetted through an OCID state-level curriculum review committee process.



		information about developmentally appropriate physical education practices and programs.
PE Universe - At Home Learning Ideas	PE Universe At Home Learning Ideas	Contains a collection of at-home activity video ideas and resources.
Playworks	Playworks Game Library	Playworks helps schools and districts make the most of recess through on-site staffing, consultative support, professional development, free resources, and more.
Playworks - Game Guide	Playworks Game Guide	Contains ice breakers, readiness games, tag games, cooperative games, core playground games and sports, health and fitness FitKid program, minute moves and energizers.
Playworks - Play at Home Playbook	#PlayAtHome with Playworks	Free video tutorials of games that follow CDC guidelines and can be played at home with little to no equipment. Families can also download a printable Play at Home Playbook that features these games.
Rising New York Road Runners - Stay Active at Home Resources	https://activeathome.nyrr.org/	Rising New York Road Runners is designed to develop movement skills in kids of all ages and abilities. This link provides access to fun activities for children that keep space and social distancing in mind.
Sanford Health - Sanford Fit	Sanford Fit	Free resources to educate, motivate, and inspire children of all ages to live a balanced, healthy lifestyle.
SHAPE America (Society of Health and Physical Educators)	SHAPE COVID-19 Resources	Collection of resources from SHAPE America and other K-12 health and physical educators to help teachers continue to provide high-quality, standards-based lessons despite the circumstances.

Please note that this list is provided for informational purposes to support schools and families. Linked materials have not been vetted through an OCID state-level curriculum review committee process.



SHAPE America - Early Childhood Activities	Early Childhood Activities	Contains various activities that can be done using beach balls, paper plates or pool noodles to develop gross motor skills and improve coordination.
SHAPE America - Guidelines for K-12 Online Physical Education	SHAPE America Online PE Guidance Document	A guidance document from SHAPE America regarding online physical education.
SHAPE America - Ready to Go Take Home Packet	SHAPE America Ready To Go Take Home Packet	Designed for teachers to download so they have a collection of ready to use activities. The secondary activities in this packet do not require the internet and include physical education and health education that are designed to be done over the course of a week.
SHAPE America - K-12 School Reentry Considerations	SHAPE America K-12 School Reentry Considerations	This document provides schools with recommendations and guidelines for school reentry for K-12 physical education, health education, and physical activity.
SPARK - SPARKhome Free Resources	SPARKhome Free Resources	SPARK has put together 3-weeks of K-12 SPARKhome content for free. To access, users must create a free account at SPARKacademy.org , click on "Course Catalog" in the menu then "SPARKhome (Free)". Once users enroll in the free course, they will be able to access all of the content.
Special Olympics - Resources	Special Olympics Fit 5 Program	Fit 5 and Fitness Cards are resources for programs looking to expand their fitness programming and initiatives.
SworKit - Kids Workout	https://app.sworKit.com/collections/kids-workouts	Contains free warm-up, strength, agility, flexibility, balance and cool down workouts that can be used in the classroom or at home.
Teachphysed -	https://teachphysed.weebly.com/active-	Various fitness-related and skill-building

Please note that this list is provided for informational purposes to support schools and families. Linked materials have not been vetted through an OCID state-level curriculum review committee process.



Active At Home	at-home.html	activities you can play at home as a family to keep your kids active.
ThePhyscialEducator.com	https://thephysicaleducator.com/	Online professional development resource for Physical Education Teachers and Health Specialists.
United States Tennis Association (USTA) - Net Generation	USTA - Net Generation Tennis At Home	Contains fun activities, tennis tips, and tennis-themed educational content to keep the family active.
Wayne State University - Center for School Health and Community Impact	https://dl.orangedox.com/HealthyKidsQuarantined	<p>The Wayne State University Center for School Health and Community Impact research team and program staff have curated content from a host of platforms to put together weekly lesson plans containing age-appropriate resources to get children physically active (even if they are confined to their homes), eating healthy (lots of great nutrition education and healthy eating activities), and promoting overall wellness.</p> <p>Each week, you can access the activity suggestions, nutrition resources, and fun challenges.</p> <p>Click on the Download tab,  in the upper right-hand corner of the document to download the document and access the live links.</p>
YMCA - 360 On Demand Videos	https://ymca360.org/on-demand#/	Free online Health and Fitness videos.
Yoga Ed. Free Online Yoga Classes	https://academy.yogaed.com/p/yoga-ed-for-free-online-yoga-mindfulness-classes-for-all-ages	Provides engaging classes in which students will practice breathing exercises, yoga poses, games, visualizations, and relaxation activities.

Related Resources:

- [Online Resources for Health Education](#)

Please note that this list is provided for informational purposes to support schools and families. Linked materials have not been vetted through an OCID state-level curriculum review committee process.