

Adapted PE Home Activity Resources for Preschool-Keeping kids active while at home

Heidi Ambrosius, M.A. CAPE

Adapted Physical Education Specialist

Right Click on the links- then click on "Open Hyperlink". If you have any issues with these links please let me know. Make modifications for activities needed and note the pace of some of the music may be too fast.

Brandon Cahoon: I recommend balloon skills, overhand throw (do not worry about the step- that is a more mature skill), kicking, hitting. I understand you may not have all of the equipment, but you can improvise. **Please supervise children when they are on YouTube.**

<https://www.youtube.com/channel/UCZte4JqRRoKUnQMAvQ7QCvQ/videos>

1. Easy PE: fun movement activities: Modify as needed by having students do push-ups on their knees, hold onto something for balance, and give assistance as needed.

https://www.youtube.com/playlist?list=PLVT2lhqLoAsLRtTAeZDCBPVr1Km4ttcxP&fbclid=IwAR0L-1cqTA635FnqFQnrNS_srNcVWK0GQm3TO1MfWgyS079J2fZWbFeZsU4

2. GoNoodle.com: Fun movement and dance activities. You may have to register with an email address, but it is free. Modify as needed and give balance assistance as well. Favorites for preschoolers are "Pop Si Co 2.0", "Run the Red Carpet", "Hokey Pokey", "Tightrope", "Hungry Flamingo", "Poppin' Bubbles", "Little Green Froggy", "Release Your Warrior", "Cirque de so Leg", "Get Energized" "Salute the Sun" and "Indoor Recess" (but those are a little long.

<https://www.gonoodle.com/for-families/>

3. There is also a free new app "Go Noddle Games". It is only available for Apple products on IOS (iPad, iPhones or Apple TV) right now, but if you have that it is a great app. It uses the front camera of the tablet/device and is interactive. My own kids (9 and 10) spend an hour on it this morning. There are several different games and it is a free app. Just go to the App store and search for "Go Noddle Games".

4. Capn Petes Home Visual Activity Packet: Simple and fun activity spinners and activity sheets for fun exercises at home.

https://www.dropbox.com/s/7woiccdaxthd1c7/Capn%20Petes%20Home%20Activity%20Visual%20Packet.pdf?dl=0&fbclid=IwAR3yefGeezBON57CWWoTX_6VgJE3V9zUGVSmJ4JwluUWimReO8wcd2XFNyg

5. Open Phys Ed: Free resources to help your kids stay active at home. Modify activities as needed.

<https://openphysed.org/activeschools/activehome>

6. Here are some other links for other activities. Right Click the Link and then click on “open hyperlink”:

[Tip-toes/ Walking backwards](#)

[Gallop OR Open/Close](#)

[Leaping](#)

[Hopping on one foot](#)

[Jumping - forwards, backwards, lateral jumps](#)

[Balance on one foot](#)

[Body awareness/manipulation - bi-lateral control, crossing the midline,](#)

[Self - toss](#)

[Catching with a partner](#)

[Kicking with partner or toward a target](#)

[Rolling toward a partner or target](#)

[Knee touches](#)

[Heel touches](#)

[Crab walk](#)

[Bear crawl](#)

[Jumping Jacks](#)

[Student in a chair balance](#)

[Student in a chair - accuracy](#)