



Distance Learning Resources

Physical Activity Videos K-5

Alliance for a Healthier Generation Fitness Breaks with Pro Athletes

<https://www.healthiergeneration.org/resources/physical-activity/fitness-breaks>

Alliance for a Healthier Generation Fit for a Healthier Generation Physical Activity Videos

https://www.healthiergeneration.org/app/resources?resources_tags=fit-for-a-healthier-generation

GoNoodle at Home <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

Kids Exercise Daily (21 minutes) <https://www.youtube.com/watch?v=T8jI4RnHHf0>

The Learning Station movement to music <https://www.youtube.com/user/TheLearningStation>

Would You Rather? Roblox Fitness <https://www.youtube.com/watch?v=G3y5rmgHBgs&list=PLGS-YpNYBNvda7jGOxP5OE3NyvfaLTfwg&index=5&t=0s>

Yoga Ed

<https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A/videos>

Games and Activities

American Heart Association's 25 Ways to Get Moving at Home

https://www.mrwillpe.com/uploads/7/5/8/2/75820545/khc_25_ways_to_get_moving_at_home.pdf

Knowledge Island Family Edition <https://knowledgeisland.org/family-licenses>

Playworks Online Game Library <https://www.playworks.org/game-library/>

Walkabouts <http://info.activedinc.com/covid>

To support your efforts to keep students moving and learning while at home due to closures related to COVID-19, ActivEd has made the Walkabouts platform temporarily available at no cost to those implementing remote learning. They have created general login credentials for those who do not already have access to Walkabouts. To get started, teachers and students can [log in here](#) with the general usernames and passwords provided below for each grade level.

Physical Activity Apps

GoNoodle Games <https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>

7 Minute Workout with Lazy Monster <https://apps.apple.com/us/app/7-minute-workouts-lazy-monster/id882240858>

NFL Play60 App <https://www.heart.org/en/professional/educator/nfl-play-60/download-the-nfl-play-60-app>

Physical Education at Home

Elementary PE Resources https://docs.google.com/document/d/1Muvhn-EOFSMih_FMD2f7UOgsTvKEErQzrRKgezlfqa4/edit

Improve Student Learning with ChromeBooks (and other devices) in Health and Physical Education <https://www.cbhpe.org/>

Mr. Will's PE at Home website <https://www.mrwillpe.com/distancelearning.html>

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

SPARK PE Free Lesson Plans <https://sparkpe.org/free-lesson-downloads>

Take Home PE (K-5) <https://szehnacker.wixsite.com/morsepe>

Health Education

Cairn Guidance Non-Traditional Health Education Prompts Elementary School <https://drive.google.com/file/d/1pDA82vYi4FjVKcCQQEaAjMI5dCUmnewU/view>

Cairn Guidance Non-Traditional Health Education Prompts Middle School <https://drive.google.com/file/d/1Wdp00HykfELvST7ZJJr-b8dCIZwwTFWd/view>

Cairn Guidance Non-Traditional Health Education Prompts High School https://drive.google.com/file/d/1kXm6xT-B_jXszvmLHlrvJofpQg_ys5b/view

Lisa Smith's At Home Health Education https://docs.google.com/document/d/192gBFs_Y3rzh5X5VpafXCzz39zhwmvK06WOXgQUgPFU/edit

SPARK PE/Healthy Lifestyle Choices Health Lessons <https://sparkpe.org/wsc/health-education>