



## 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](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](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](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/1Wdp00HykfELvST7ZJr-b8dCIZwwTFWd/view>

Cairn Guidance Non-Traditional Health Education Prompts High School [https://drive.google.com/file/d/1kXm6xT-B\\_jXszvmLHlrvlJofpQq\\_ys5b/view](https://drive.google.com/file/d/1kXm6xT-B_jXszvmLHlrvlJofpQq_ys5b/view)

Lisa Smith's At Home Health Education [https://docs.google.com/document/d/192gBFs\\_Y3rzh5X5VpafXCzz39zhwmvK06WOXgQUgPFU/edit](https://docs.google.com/document/d/192gBFs_Y3rzh5X5VpafXCzz39zhwmvK06WOXgQUgPFU/edit)

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