Physical Education & Physical Activity at Home

**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](https://www.activedinc.com/actived/user) 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>

[**https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/**](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/)

**Physical Education at Home**

Elementary PE Resources <https://docs.google.com/document/d/1Muvhn-EOfSMih_FMD2f7UOgsTvKEErQzrRKgezIfqa4/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>

**Adventure to Fitness Links**

14-day Science Guide: <https://adventure2learning.us6.list-manage.com/track/click?u=df7d66edd8&id=b76ff00cb9&e=6acf747eab>  
  
14-day Fitness Guide: <https://adventure2learning.us6.list-manage.com/track/click?u=df7d66edd8&id=911ccc06e1&e=6acf747eab>  
  
14-day Social Studies Guide: <https://adventure2learning.us6.list-manage.com/track/click?u=df7d66edd8&id=7a1b53d12c&e=6acf747eab>