

## Resources for Physical Education

<b>Guidance for Teaching OLPE (Hybrid/Online Physical Education)</b>		
<b>Topic</b>	<b>Description</b>	<b>Link(s)</b>
Teaching Online Physical Education	SHAPE America Online PE Guidelines	<a href="https://www.shapeamerica.org/uploads/pdfs/2020/guidelines/Online-PE-Guidance-Document.pdf">https://www.shapeamerica.org/uploads/pdfs/2020/guidelines/Online-PE-Guidance-Document.pdf</a>
Tips to Teaching in a Remote Environment	Adapted tips for supporting online teaching	<a href="https://docs.google.com/document/d/1eiC8szfM_DyJY-I0pcbJ5lGxGTsrCoGM1oyLCEcYU80/edit">https://docs.google.com/document/d/1eiC8szfM_DyJY-I0pcbJ5lGxGTsrCoGM1oyLCEcYU80/edit</a>

<b>K-5 Physical Education</b>		
<b>Topic</b>	<b>Description</b>	<b>Link(s)</b>
Yoga	Cosmic Kids Yoga Videos	<a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a>
Fitness/Nutrition	March Fitness/Nutrition Calendar	<a href="https://www.rapidesfoundation.org/Newsroom/News/TabId/121/ArtMID/474/ArticleID/316/March-Calendar-Provides-Daily-Fitness-and-Nutrition-Tips.aspx">https://www.rapidesfoundation.org/Newsroom/News/TabId/121/ArtMID/474/ArticleID/316/March-Calendar-Provides-Daily-Fitness-and-Nutrition-Tips.aspx</a>
Basketball	March Daily Basketball Challenges	<a href="https://swww-blog.s3.amazonaws.com/blog/wp-content/uploads/March-Printable-Fitness-Challenge-Calendar-2020-1.pdf">https://swww-blog.s3.amazonaws.com/blog/wp-content/uploads/March-Printable-Fitness-Challenge-Calendar-2020-1.pdf</a>
Home Exercise Activities & Activity Logs	OPEN PE Active Home Resources	<a href="https://openphysed.org/active-schools/activehome">https://openphysed.org/active-schools/activehome</a>
Dance, Fitness, Relaxation, Ect.	Videos - Go Noodle Family	<a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a>
Exercise	25 Ways to Get Moving Inside	<a href="https://mail.google.com/mail/u/0/#inbox/WhctKJVqrrFkqmJmlrziJcszXztRVndhQHfzlIszdPXHflLRtxPcFKjsmgkZVtqBrnrRGPV?projector=1&amp;messagePartId=0.2">https://mail.google.com/mail/u/0/#inbox/WhctKJVqrrFkqmJmlrziJcszXztRVndhQHfzlIszdPXHflLRtxPcFKjsmgkZVtqBrnrRGPV?projector=1&amp;messagePartId=0.2</a>

Exercise	Exercise Logs/Charts	<a href="https://www.freeprintablebehaviorcharts.com/exercise_behavior_charts.htm">https://www.freeprintablebehaviorcharts.com/exercise_behavior_charts.htm</a>
Physical Activity	Physical Activity Resource List	<a href="https://www.montefiore.org/documents/catch/CATCH-Exercise-Children-Physical-Activity-Websites.pdf">https://www.montefiore.org/documents/catch/CATCH-Exercise-Children-Physical-Activity-Websites.pdf</a>
Dance	YouTube Playlist of Dance Videos	<a href="https://www.youtube.com/playlist?list=PLN-9iT106OGgGdgD9ILscvXkc2yeG1x7e">https://www.youtube.com/playlist?list=PLN-9iT106OGgGdgD9ILscvXkc2yeG1x7e</a>
Mind and Body	SHAPE Elementary March Calendar	<a href="#"><u>March-2020-Elementary-Calendar-English.pdf</u></a> 264 KB
	Spanish Version	<a href="https://www.shapeamerica.org/uploads/pdfs/2020/calendar/March-2020-Secondary-Calendar-SPANISH.pdf.pdf">https://www.shapeamerica.org/uploads/pdfs/2020/calendar/March-2020-Secondary-Calendar-SPANISH.pdf.pdf</a>

<b>6-8 Physical Education</b>		
<b>Topic</b>	<b>Description</b>	<b>Link(s)</b>
Fitness	Exercise Plan	Coming soon ...
Fitness	March Fitness Calendar	<a href="#"><u>March Calendar Provides Daily Fitness and Nutrition Tips</u></a>
Exercise	Exercise Logs/Charts	<a href="https://www.freeprintablebehaviorcharts.com/exercise_behavior_charts.htm">https://www.freeprintablebehaviorcharts.com/exercise_behavior_charts.htm</a>
Dance	YouTube Playlist of Dance Videos	<a href="https://www.youtube.com/playlist?list=PLN-9iT106OGgGdgD9ILscvXkc2yeG1x7e">https://www.youtube.com/playlist?list=PLN-9iT106OGgGdgD9ILscvXkc2yeG1x7e</a>
Mind and Body	SHAPE Secondary March Calendar	<a href="#"><u>March-2020-Secondary-Calendar-English.pdf</u></a> 263 KB
	Spanish Version	<a href="https://www.shapeamerica.org">https://www.shapeamerica.org</a>

		<a href="https://www.shapeamerica.org/uploads/pdfs/2020/calendar/March-2020-Secondary-Calendar-SPANISH.pdf">g/uploads/pdfs/2020/calendar/March-2020-Secondary-Calendar-SPANISH.pdf</a>
Physical Activity Log	Here are physical activity logs for middle and high school students pulled from PE Metrics. This is a great opportunity for students to take charge of their own physical activity while not in school. Have them complete the logs and reflection questions.	<a href="https://www.shapeamerica.org/uploads/pdfs/2020/resources/physical-activity-log-MS.pdf">https://www.shapeamerica.org/uploads/pdfs/2020/resources/physical-activity-log-MS.pdf</a>

<b>High School Physical Education</b>		
<b>Topic</b>	<b>Description</b>	<b>Link(s)</b>
Fitness	2 Week Workout Plan	<a href="https://openphysed.org/wp-content/uploads/2018/09/AH-X9-ActiveHome-2WeekFitnessJournal.pdf">https://openphysed.org/wp-content/uploads/2018/09/AH-X9-ActiveHome-2WeekFitnessJournal.pdf</a>
Fitness	Rotating Activities	<a href="https://openphysed.org/wp-content/uploads/2020/03/AX-XHS-HomeMapGrades9-12-FinalPacket.pdf">https://openphysed.org/wp-content/uploads/2020/03/AX-XHS-HomeMapGrades9-12-FinalPacket.pdf</a>
Physical Activity Log	Here are physical activity logs for middle and high school students pulled from PE Metrics. This is a great opportunity for students to take charge of their own physical activity while not in school. Have them complete the logs and reflection questions.	<a href="https://www.shapeamerica.org/uploads/pdfs/2020/resources/physical-activity-log-HS.pdf">https://www.shapeamerica.org/uploads/pdfs/2020/resources/physical-activity-log-HS.pdf</a>

### Resources for Health Education

### **Elementary Health Education**

Topic	Description	Link(s)
Healthier Me	Students can form nutrition and fitness-related habits that will last a lifetime. Help them learn how to make healthy choices through this game-based course.	<a href="https://everfi.com/partners/k-12-educators/listing/?fwppaged=2">https://everfi.com/partners/k-12-educators/listing/?fwppaged=2</a>
Anatomical Heart Lesson	American Heart Association Heart Lesson	<a href="https://www2.heart.org/site/SPageServer?pagename=khcresourceskhcresourcesAnatomicalheartlessons">https://www2.heart.org/site/SPageServer?pagename=khcresourceskhcresourcesAnatomicalheartlessons</a>
Heart Hero Games	American Heart Association Heart Hero Games	<a href="https://www2.heart.org/site/SPageServer?pagename=khcresourcesheartherogames">https://www2.heart.org/site/SPageServer?pagename=khcresourcesheartherogames</a>
Nutrition	Nutrition Games	<a href="http://www.nourishinteractive.com/nutrition-games">http://www.nourishinteractive.com/nutrition-games</a>
Nutrition and Physical Activity	Printables	<a href="http://www.nourishinteractive.com/nutrition-education-printables">http://www.nourishinteractive.com/nutrition-education-printables</a>
Food and Fitness (And other topics)	Kids Health Articles	<a href="https://kidshealth.org/en/teens/food-fitness/?WT.ac=t-nav-food-fitness">https://kidshealth.org/en/teens/food-fitness/?WT.ac=t-nav-food-fitness</a>

Middle School Health Education		
Topic	Description	Link(s)
Body and Mind Lessons (Various Topics)	Information and resources for teachers of grades 4-8 to use in the classroom and help students make healthier lifestyle choices.	<a href="https://www.cdc.gov/healthyschools/bam/teachers.htm">https://www.cdc.gov/healthyschools/bam/teachers.htm</a>
Stress Management/ Relaxation	5 calming mind body exercises with printables	<a href="https://www.weareteachers.com/mind-body-skills/">https://www.weareteachers.com/mind-body-skills/</a>
Healthier Me	In Healthier Me, middle school students embark on fun wellness adventures to make healthy, informed decisions when it comes to	<a href="https://everfi.com/partners/k-12-educators/listing/?fwppaged=2">https://everfi.com/partners/k-12-educators/listing/?fwppaged=2</a>

	nutrition.	
Skills-Based at Home Learning	Three day lesson plan for students to create SMART Goals with worksheets	<a href="https://drive.google.com/drive/folders/1M3OeXySgQhtAJ09rE8jwNNMrbpigWyqk">https://drive.google.com/drive/folders/1M3OeXySgQhtAJ09rE8jwNNMrbpigWyqk</a>

High School Health Education		
Topic	Description	Link(s)
COVID-19 Website Evaluator	Use the attached sheet to have students find reliable websites for information about COVID-19	<a href="https://drive.google.com/file/d/1lg9luZ-83uMX7EANTi6mMa1WCV-il8DH/view?usp=sharing">https://drive.google.com/file/d/1lg9luZ-83uMX7EANTi6mMa1WCV-il8DH/view?usp=sharing</a>
Health Education Menu	A list of health lessons organized by grade-level, skill and content with direct links to the lessons from Melanie Lynch, 2016 National Health Education Teacher of the Year.	<a href="https://docs.google.com/document/d/1_pgUDwpgDjTm3pTJcPn6nEhZ25C36d1jFtX6aUDnY30/edit?ts=5e6bb82b">https://docs.google.com/document/d/1_pgUDwpgDjTm3pTJcPn6nEhZ25C36d1jFtX6aUDnY30/edit?ts=5e6bb82b</a>
Online Learning: COVID-19 Project	A journal activity for students to complete during their time out of school.	<a href="https://docs.google.com/presentation/d/1cjdHIZwQzOm4A8-gTCqUIBGnbAX7oM_5OpApRxrY4io/edit?ts=5e6d4c76#slide=id.g714a0f1b03_0_10">https://docs.google.com/presentation/d/1cjdHIZwQzOm4A8-gTCqUIBGnbAX7oM_5OpApRxrY4io/edit?ts=5e6d4c76#slide=id.g714a0f1b03_0_10</a>
Health: Corona Shut Down Curriculum	An outline for secondary students to fill out daily focusing on physical and mental/emotional health.	<a href="https://docs.google.com/document/d/1tjqDO0L_bhVmWsbv4XkVPsrSp_clbYDuoq8GawMVvWI/edit">https://docs.google.com/document/d/1tjqDO0L_bhVmWsbv4XkVPsrSp_clbYDuoq8GawMVvWI/edit</a>