

Click on the links below to view a website for activity ideas or activity video
Remember, try to get 60 minutes of movement per day. Break it up throughout the day or do it all at once...your choice...just MOVE!

1. PE RESOURCES

- a. [The PE Specialist – Inspiring Teachers to Inspire Students](#) (free w/ email sign up)
- b. [Adapted Physical Activity](#) (lots of activity ideas)
- c. [Motor Skills Learning](#) (for children under 6)
- d. [Welcome to OPEN – the Online Physical Education Network.](#)
- e. [PE Central-Lesson Plans](#)
- f. [Pinterest-Physical Activity Ideas](#)

2. FITNESS

- a. [Deck of Fitness](#) (all ages-change exercises for age as needed)
- b. [FITNESS UNO](#) (Grades 3-10)
- c. [Special Olympics Fit 5](#) (Grades K-12)
- d. [Open Ed Physical Education](#) (Grades K-12)
- e. [2-Week Physical Activity Log -English](#) (K-12)
- f. [Registro De Actividad Física De 2 Semanas](#) (K-12)
- g. [Kids workout 1 Beginners](#) (K-6)
- h. [Have a Blast With This Family Fun Cardio Workout!](#) (K-5)
- i. [ExerciseBuddy - Apps for Autism](#)
- j. [Warm up games](#) (K-6)

3. DANCE

- a. [34 Minutes of KIDZ BOP Dance Along Videos](#) (K-12)
- b. [Whip/ Nae Nae Cardio dance](#)(5-12)
- c. [Just Dance Kids 2 I Am A Gummy Bear](#) (K-3)
- d. [TheLearningStation - Kids Songs and Nursery Rhymes](#) (K-3 lots of different videos)
- e. [GoNoodle](#) (K-12 lots of different videos)

4. YOGA & GYMNASTICS

- a. [Yoga for Kids!](#)
- b. [Cosmic Kids Yoga](#) (K-6) Videos with stories paired with yoga moves
- c. [5 Best Kids Yoga Videos on Youtube](#)
- d. [Go Go Yoga for Kids](#)
- e. [Teach Your Kids Basic Gymnastic Moves at Home](#) (K-12) Basic Gymnastics skills and videos

5. OBJECT CONTROL (ball skills)

- a. [Basketball/bouncing | Fundamental PE Skills & Drills](#)
- b. [Throwing & catching | Fundamental PE Skills & Drills](#)
- c. [Soccer \(football & kicking\) | Fundamental PE Skills & Drills](#)
- d. [Object Control Skills for Kids \(teaching skills\)](#)
- e. [Individual skill challenges \(grade K-3's\)](#)
- f. [Sport Specific Skills / Fundamental PE Skills & Drills](#)
- g. [Object Control Skills for Kids \(hand dribbling\)](#)

h. [Catching \(Catching\)](#)

6. **LOCOMOTOR**

- a. [Moving | Fundamental PE Skills & Drills](#)
- b. [Pathways](#)
- c. [Skipping](#)
- d. [Gallop](#)
- e. [Hopping](#)
- f. [Sliding](#)
- g. [Leaping](#)
- h. [Jumping](#)
- i. [Skipping](#)
- j. [Hula hoop skills and lesson ideas](#)
- k. [Teaching Jump Rope in PE Class - Tips and Activities](#)

7. **HEALTH**

- a. [FITT Principle Worksheets \(9-12\)](#)

8. **GAMES**

- a. [Physical Education Games Videos](#)
- b. [PE E-Learning at Home \(K-12\)](#)
- c. [Card Sharks, Exercise Bingo, Fitness Monopoly by Rob Pohlner \(Games to play at home K-12\)](#)
- d. [Interactive Fitness Matching Game \(6-12\)](#)
- e. [Exercises for Home \(K-12\)](#)
- f. [OPEN at Home Activities and Games for kids](#)

9. **Literature, Math & PE Concepts**

- a. [Brain Bites by Lynn Hefele- PE & Literature](#)
- b. [Literature Enhanced Physical Education - Home](#)
- c. [Fluency & Fitness Brain Breaks](#)
- d. [Math card games \(K-2\) <http://rachelktutoring.com/blog/math-games-cards/>](#)
- e. [Math dice games <http://rachelktutoring.com/blog/math-games-with-dice/>](#)

[PE Central- Physical Literacy](#)