

Health and Physical Education Resources

The Health and Physical Education (HPE) resources listed below focus on the importance of the HPE academic standards, practices, and unifying themes. The activities and resources below are selected to be engaging and appropriate for your students' grade level – from kindergarten to high school.

Additional resources are available and searchable in the [Standards Aligned System](#) in Materials and Resources and in the Health, Safety, and Physical Education Professional Learning Community.

If you have questions about these or other resources, contact John Kashatus johkashatu@pa.gov

Curriculum Lesson Resources

[IHT SPIRIT PYFP ASSESSMENTS](#) The Presidential Youth Fitness Program (PYFP) has adopted Fitness Gram as part of a national standard for assessing student health-related fitness. The IHT Spirit System software enables schools to assess students using PYFP standards including Fitness Gram norms.

[The Essential Components of Physical Education](#) SHAPE America has re-envisioned the essential components that provide the structure for a physical education program

SHAPR America - The Society of Health and Physical Educators

- [Early Childhood Resources for Teacher's Toolbox](#)
- [Elementary PE](#)
- [Secondary PE](#)
- [Adapted PE](#)
- [Health Education Resources](#)
- [Virtual Resources for Health and Physical Education](#)
- [COVID-19 Resources](#)

[Health Education Curriculum Analysis Tool \(HECAT\) E-Learning Module](#) - Training tools for healthy schools promoting health & academic success. eLearning series consists of five core training tools that have been converted to 1-1.5 hour modules for the ease and flexibility for online learners.

Center for Disease and Control and Prevention - [Adolescent and School Health](#)

Center for Disease and Control and Prevention - [Health and Academics](#)

We Are Teachers - [Our Favorite Virtual P.E. Resources to Keep Students Moving at Home](#)

Website Resources

[Health And Physical Education Website Resources](#)

These resources cover a variety of H & PE content including Bullying Prevention, Health and Physical Activity, Health, LGBTQ Youth, Nutrition Education, Physical Activity, Safe and Supportive Schools, Sexual Health Education, Suicide Prevention, Violence Prevention, Drug Education and Prevention, Sexual Violence, Healthy Schools, and Social and Emotional Learning. These resources are arranged to accommodate and assist: School Staff, Students, Parents and the Community, and Health Professionals.

Virtual Healthy School - CDC's [Virtual Healthy School](#) is an online, interactive school building that allows users to see how the 10 components of the Whole School, Whole Community, Whole Child (WSCC) model are integrated into the following places:

- Classroom
- Cafeteria
- Gymnasium
- Principal's office
- Counselor's office
- Nurses office
- Playground
- Surrounding Community
- Home

The Virtual Healthy School gives life to the WSCC model through the familiar environment of a school, showing education professionals that schools just like theirs can easily be transformed to meet the needs of the whole child so that every student is ready to learn.

Online Physical Education

[PE Central](#)

[Action For Healthy Kids](#)

[Kids Health](#)

[TED Ed](#)

[Kids Health in the Classroom](#)

[Mental Health America](#) - To aid individuals and communities during this time, Mental Health America has compiled a range of resources and information.

[The National Alliance on Mental Illness](#) - (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI has over 600 state organizations and affiliates across the nation. [Find your local NAMI here](#)

[Minding Your Mind](#) - Resources for teachers. This toolkit was created to help students learn about the most common mental health conditions and challenges, helpful and

harmful coping skills, identifying protective factors and sources of support, and how to shift thinking to a positive and supportive mindset.

Guideline for Online Physical Education

[Guidelines for Online K-12 Physical Education](#)

Digital resources include the following:

1. Resources that require teachers or students to create online accounts (whether verified through email or not)
2. Resources that have copyright restrictions (many of these may also require account creation)
3. Resources shared by companies that have temporarily opened their paid for resources to use for free for a limited time (some but not all of these can also require account creation)

Determining the nature of the resource can be difficult. Also, if a resource has already been approved by a school district for use and is part of its single sign-on systems, those resources could still be used by their students only. Keep in mind the legality of this is on a district by district basis, not a statewide basis.

NATIONAL AND STATE RESOURCES

- [U.S. Department of Education](#)- COVID -19 Information and Resources for Schools and School Personnel
- [Commonwealth of Pennsylvania](#)- Responding to COVID-19 in Pennsylvania
- [Pennsylvania Department of Health](#)

Health and Physical Education Topics

DANCE		
Moose Tube	Elementary dance videos to support physical education lessons.	Pre K-3
Kids Bop	Kid appropriate music set to dance. This playlist can provide hours of fun for students to sing and dance to.	K-8
Just Dance	Join Just Dance the popular dance game with some of your favorite songs and current dance moves.	6-12
Let's Dance videos	Join SHAPE America Teacher of the Year in a playlist of instructional dance videos.	K-8
List of Additional Elementary Dance Videos	Collection of easy-to-learn dances selected by OPEN PHYS ED trainers.	K-6

Safe Youtube Dance video suggestions	Teacher selected elementary dance routines.	K-8
K-2 Dance Favorites	A playlist of elementary favorite songs and dances.	K-2
Disney Dance Challenge (YouTube)	An activity that engages students to dance to popular Disney music while observing Disney characters perform the dance sequence.	K-8

FITNESS

HITT Cardio Workout on YouTube	Fitness program available for most students.	3-12
Full Body on YouTube	Strength and core workout program.	3-12
The Body Coach TV	Elementary mini physical education fitness workouts.	K-5
Get Kids Moving Workouts (YouTube)	Comic book based workouts for students.	K-8
Student Fitness Fun (YouTube)	Fun fitness lessons for at home classes.	K-8
Dice Fitness (YouTube)	Fitness Dice activity.	K-8
Fitness and wellness videos for kids	Exercise routine videos for students.	K-5
Workout Calendar	Sample of physical education class schedule for home participation.	K-5
Agility Activity (YouTube)	An agility activity for students to respond to color recognition in a sequence of patterns.	K-5
"Would you rather" warm-ups	Warm-up routine that allows students to choose their exercises.	K-5
Dice Fitness	Using dice students will determine the exercises and reps they perform.	K-5
Brain Bites Playlist	Quick Physical Health Lessons designed to be incorporated as brain breaks for students in grades 6-12	6-12
Video- Skip Count Exercise Challenge	Physical education activities that incorporate addition and multiplication.	3-6
Alphabet Fitness Bingo	Printable physical education and letter recognition activities.	3-8
Follow Along Fitness Videos	Fitness videos that use favorite tv and movie characters to assist with exercise routines.	K-5
Beach Body Kids Workouts!	Popular Beach Body Programs designed for students currently listed for free.	K-12
"P.E. with Joe" YouTube	Exercise lessons including education trivia across subject areas.	6-12

Teacher developed workouts	Additional Fitness resources provided by PA teachers.	K-12
Coach Meger Fitness	Mini elementary health and physical education lessons provided on Coach Meger's Fitness Youtube Channel	K-12

ELEMENTARY HEALTH EDUCATION

Video- Circulation		K-6
Nutrition and Personal Health		K-5
Health Playlist: CoronaVirus, food journal, sleep, body systems		3-5
Healthy Breakfast Challenge Tracker		K-5
PBS Disease, Illness and Disability		K-5
PBS The Human Body and Life Cycle		K-5
PBS Consumer Health		K-5
PBS Skills for Healthy Living		K-5
PBS Self, Family, Environment, and Society		K-5
PBS Physical Education		K-5
PBS Personal, Mental, and Emotional Health		K-5
KidsHealth		K-5
Health Smart Hygiene Lessons		K-5
CDC Health Conditions and Diseases		K-5
EVERFI Virtual Resources for Health Education		K-5
CDC Nutrition		K-5
Sanford Fit Sanford Health		K-5

SECONDARY HEALTH EDUCATION

CDC Drugs/Alcohol	These videos provide numerous health topics that can be incorporated in daily health lessons.	6-8
Building Relationships		6-8
Common Sense Relationships Videos		6-8
Drugs and other Challenges	Health resources are also available in this section to assist with lessons and resources.	9-12
Common Sense Social Media Videos		9-12
Operation Prevention		6-12

Rights, Respect, Responsibility Curriculum		6-12
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HEALTH & PHYSICAL EDUCATION AT HOME

#HPEatHome Video sets (Dance, Exercise, Jump Rope, Skill Building)	Comprehensive videos put together by some of the greats in PE! Many, if not most, can be done at home.	K-5
#HPEatHome resources:	Vast menu of activities for K-12 PE and Health	K-12
#HPEatHome resources (2):		
#HPEatHome GIF collection	GIFS for TONS of skills including throwing, striking, catching, etc.	K-12
#HPEatHome #SEL resources	including read aloud books and visuals.	K-5
GIFS	GIFS for a wide range of motor skills.	K-12
Kids Heart Challenge Playlist	Standard 3	K-5
Active at Home Activity Videos	Elementary PE mini lessons that span many learning activities and skills.	K-5

MANIPULATIVES

Make Your Own Drum/Sticks at Home and Cardio Drumming Rhythm Sheets	Create your own drumsticks for cardio drumming activities.	3-5
Follow Along Cardio Drumming Videos	Cardio drumming activities for elementary students.	K-5
SOLO Juggling	Juggling activities and learning cues for elementary students.	K-5
Juggle Pattern Progression Checklists	Juggling progression home assessment checklist.	3-12
Tossing Challenges	Early elementary tossing and catching activities.	K-2
Partner toss and catch		
Bowling at Home 1 Bowling at Home 2 K-2 score card: 3-5 score card:	Bowling activities with scoring cards for students.	K-5
Tossing/Balance Lesson Video	Tossing and balancing activities for elementary students.	K-5
Indoor Shuffleboard	Lifelong fitness activity for elementary students.	K-5
Make Your Own Striking Implement Project	Create your own striking implement for physical activity at home.	K-5
Paper Plate Tennis	Creative activity that uses household items in a physical education lesson.	K-5

OUTDOOR ACTIVITIES

Family Outdoor Scavenger Hunts	Samples of outdoor family scavenger hunts.	K-12
Go outside and play each day!	Example of daily outdoor play log for schools. Document can be printed.	K-5
Take Home Journaling	Elementary Physical Education fitness journal. Document can be printed.	K-5

PHYSICAL EDUCATION GAMES

This Or That Emoji (YouTube)	Students choose an emoji than have to complete the exercise that follows.	K-5
Cupstacking	Link to cup stacking games and activities for students.	K-8
Super Mario Fitness Challenge (YouTube)	Super Mario Bros. Fitness Challenge workout.	K-5
Video Games Workout (YouTube)	Workout that includes favorite video game characters.	K-8
Would You Rather (YouTube)	Students make choices that determine what exercises they perform.	K-8
Star Wars Fitness (YouTube)	Star Wars Fitness Challenge workout.	K-8
Would You Rather Cartoon and Movie Characters (YouTube)	Students select their favorite cartoon and movie characters that determine what exercises they perform.	K-8
At Home PE Scavenger Hunt	Sample Fitness Scavenger Hunt to be completed at home.	K-5
Create A Game	Sample create a game document for students to complete.	3-8
Fitness Board Game (Slides)	Fitness board game provided on power point slides.	6-8
ThingLink Game	Virtual fitness board game. Including exercises as players move around the game board.	3-5

PHYSICAL EDUCATION WEBSITES

Rhythm & Movement	The websites in this section provide lessons, activities, videos, resources and much more. Great references for teachers, students and parents.	K-12
Focus Fitness Videos		K-12
NFL Play 60 Videos		K-12
PE From YouTube		K-8
The Phys. Ed. Depot (YouTube)		K-8
Resting Heart Rate		6-8
PE @ Home (MANY additional links)		K-12

PE Activities		6-8
Gonoodle.com		K-5
Jump Rope Skills		K-8
Throwing activities		K-5
S&S PE homework resource		K-12
Gopher inhome PE lessons		K-8
Jump rope videos		K-2
OPEN		K-12

PRINTABLE RESOURCES

At Home Learning and Moving Activities		K-5
Templates for printable items:	These links provide printable templates, resources, lessons, and educational packets for at Home Learning.	K-12
Home Activity PE Visual Packet		K-8
Limited Equipment/No internet/ Video links		K-5
Start Your Day Off WRITE		K-2
E-Learning PE Packet		K-5

TEACHER-STUDENT CHALLENGES

Beat the Teacher Challenges	40 Challenges set by teachers to students and parents at home.	3-8
Minute to Win It	Fitness Minute to Win It Challenges	3-8
Balance Challenges	Shared balance challenge ideas to support PE	K-5

YOGA AND MINDFULNESS

Yoga and Mindfulness	The links provided in this section address additional videos, lesson ideas and resources for stretching and relaxation breathing techniques.	K-8
Cosmickids.com Yoga		K-8
We Integrated Course	Yoga for kids at home. Wellness Refresh offers free yoga videos for your students. This course is designed to be a progressive experience over the course of five days. This allows the space for genuine reflection and the participants to embody each principle.	Elementary and Secondary
We Integrated Videos	Offers three yoga lessons for elementary students and three lessons for secondary students.	Elementary and Secondary