



Distance Learning Resources

Tips to Teaching in a Remote Environment from SHAPE America

1. Assess your curriculum- Do an inventory of your current curriculum and determine which lessons or activities can be repurposed as at-home work or for online use. There may be things you have already done that can easily be adapted for students to complete at home or online.
2. Have a plan- Once you've figured out what you're going to teach, be sure to explain it to parents and students. Explain where they can find materials, how they will submit their work (e.g. when we return to school) and what to do if there's a problem (e.g. internet goes down, they can't find an assignment).
3. Create normalcy- Think about your daily routines and procedures. How can you translate them into an online environment? This will help students feel there's some familiarity while realizing we're still a class even though the medium is online. This could be students participating in a [Mindful Minute](#) or reflection activity.
4. Revisit skills- When possible, try to make independent work a time to practice skills that were already previously taught. This may be easier to do when distance learning is for a short period time.
5. Mix it up- Come up with different ways for students to demonstrate their learning. Can they make a slideshow or a video? Can they use video chat services to have discussions? Can they create a project or poster to display and share when they return to class? This is a great time for them to try new things to gain different experiences.
6. Work together- We have a great support system within our HPE community! Share resources or ideas, ask questions and encourage one another. Remote or distance learning may be easier for some more than others, so let's uplift and support each other during these unprecedented times.

Adapted from the ASCD article: [Transitioning to Online Learning: Pro Tips on What You Need to Know](#)

SHAPE America Guidelines for K-12 Online Physical Education

<https://www.shapeamerica.org/uploads/pdfs/2020/guidelines/Online-PE-Guidance-Document.pdf>

Improve Student Learning with ChromeBooks (and other devices) in Health and Physical Education

<https://www.cbhpe.org/>

Physical Activity

Resource	Description	Grade Level
Alliance for a Healthier Generation Fitness Breaks with Pro Athletes	These videos feature professional athletes leading easy to follow physical activity.	K-8
Alliance for a Healthier Generation Fit for a Healthier Generation Physical Activity Videos	Age appropriate physical activity led by Billy Blanks (Tae Bo) or Tara Stiles (yoga).	K-12
American Heart Association's 25 Ways to Get Moving at Home	One pager contains 25 simple physical activity movements.	K-12
fitBoost-Activity	Activity generator includes a warm-up, moves and a cool down. Multiple combinations pop up with a countdown timer.	K-5
fitSandford Move	Learn about movement and experience physical activity.	K-5
Go Noodle at Home	GoNoodle: Good Energy at Home offers free: <ul style="list-style-type: none"> • Movement, yoga, and mindfulness videos • Downloadable curricular activities • Recommended off-screen home activities 	K-5
GoNoodle Games	With GoNoodle Games, kids have to get up off the couch to play – they use their actions to control a suite of fun movement mini-games designed to wake up their bodies, engage their minds, and let them have tons of fun – with no controller, data connection, or extra hardware required! All you need is a smart device and the free GoNoodle Games app!	K-5
Kidz Bop Dance Along Videos	Sing along and dance along with the Kidz Bop kids for 34 minutes.	K-6
Kids Exercise Daily (21 minutes)	Follow animated kids performing exercises.	K-5
Knowledge Island	Evidence based program integrates physical activity with nutrition education. Discounted family and teacher licenses available. Use “healthfirst” code for discount.	K-5
The Learning Station	Follow the The Learning Station gang through fun songs, dances and movements.	K-5
NFL Play60 App	Take real steps to move in the game, explore your surroundings, and collect characters to build your ultimate team for competition.	K-5
Playworks Game Library	Small group activities available online	K-5
Playworks Game Guide	Small group activities PDF	K-5
Playworks Play at Home	Playworks provides live recess Monday – Friday 11 am, 1 pm and 3 pm CT on Facebook live or access the videos on Playworks' YouTube Channel.	K-5
Yoga Ed	Online Yoga and Mindfulness Classes for teachers and parents to support the physical and mental health of their children.	K-12

Resource	Description	Grade Level
Yoga Foster Mindful Remote Learning	Includes live and pre-recorded online mindfulness practices and yoga classes for kids and their grownups.	K-5
Yoga4 Classrooms Mindful Activity of the Day Series	Daily mindful movement sent to your email	K-5
100 Mile Club – 26 Day Challenge	Track progress and complete one mile per day	K-12
7 Minute Workout with Lazy Monster	A cartoon monster leads the exercises on this app.	K-5

Physical Education Elementary

Resource	Description	Grade Level
Elementary PE Resource Compilation	This compilation contains lessons from teachers around the nation on the topics of dance, fitness, jump rope, juggling, tossing/rolling, outdoor play and yoga/mindfulness.	K-5
Dynamic PE ASAP In-Home Lesson Plans	Dr. Robert Pangrazi provides free in-home lesson plans that focus on movement and skill development.	K-2 3-5 5-8
S&S Worldwide Online Learning	Physical Education Homework Free Resources Enroll to access more than 30 assignments.	K-5 6-12
OPEN PE	OPEN PE provides movement calendars, guided YouTube lessons, concept lessons and video challenges.	K-5
PE Central Physical Education PE Homework Free Resources	This free online course provides access to 30 assessment ideas that teachers can send to students to do at home.	K-5
SPARKhome Free Lesson Plans	3 weeks of lesson that can be completed at home. Access for teachers and parents.	PK-6

Physical Education Secondary

Resource	Description	Grade Level
OPEN PE	The Secondary Home Physical Education section contains a 2-week fitness/SEL journal and two weeks of content packets.	6-12
PE Central Physical Education PE Homework Free Resources	This free online course provides access to 30 assessment ideas that teachers can send to students to do at home.	K-5
SPARKhome Free Lesson Plans	Three weeks of lesson that can be accessed by teachers and parents and completed at home.	6-12

