

At-Home PE Activities

WCPSS Healthful Living Videos

YMCA

- [8 Yoga Videos](#) (video)
- [7 Yoga Videos](#) (video)
- [3 Barre Videos](#) (video)
- [5 Tai Chi Videos](#) (video)

[HPE at Home Games/Videos](#) (plenty of games, videos for students to play at home)

[Open Phys Ed:](#) numerous at-home challenges and activities for families and students.

- [Rock Paper Scissor Games](#) (pdf)
- [Charade Game Stations](#) (pdf)
- [Invisible Dumbbell Stations](#) (pdf)
- [Shadow Ball Games](#) (pdf)
- [Tabata Fitness Stations](#) (pdf)
- [K-2 Curriculum Packet](#) (pdf)
- [3-5 Curriculum Packet](#) (pdf)
- [Active Family Group Games](#) (pdf)
- [Yoga Video 1](#)
- [Yoga Video 2](#)
- [At-Home Workout Calendar](#) (pdf)
- [Fitness Educational Video](#)
- [Cardiovascular Endurance Educational Video](#)
- [Muscular Strength Educational Video](#)
- [Muscular Endurance Educational Video](#)
- [Flexibility Educational Video](#)
- [Body Composition Educational Video](#)
- [Health-Related Assessment Educational Video](#)
- [Bottle Flip Challenge](#) (video)
- [Fan Favorite Challenge](#) (video)
- [Toss and Catch Challenge](#) (video)
- [Stacks and Jacks challenge](#) (video)
- [Pillow Flipper](#) (video)
- [Plank Tap Challenge](#) (video)
- [Music Moves - Exercise Video](#) (video)
- [Canned Food Fitness](#) (13 min video)

[The Physical Educator:](#) At home videos and lesson plans according to topic area and grade level.

[#HPEatHome](#): Twitter videos for students to watch and follow along to

Shape America:

- [Take Home Packet with Day-to-Day Activities/Logs](#) (containing activities below) (pdf)
- [The Daily Big 3](#) - 3 activities students can do everyday (5 days total)
- [Physical Activity Log](#): track your daily activity
- [March Mind and Body Calendar](#) (pdf)
- [April Mind and Body Calendar](#) (pdf)
- [Super Deck Fitness Game](#) (pdf)
- [Towel Fitness Challenges](#) (video)
- [Balloon Fitness Challenges](#) (video)
- [Paper Plate Tabata Fitness Challenge](#) (video)
- [35 At-Home Activities](#) (pdf)

[GoNoodle](#): Physical Activity Videos students follow along to (register for free!)

PE Central

- [Sight Word Games](#) (pdf)
- [Fitness Bingo](#) (pdf)
- [Limited Space Activities Packet](#) (pdf)

The Phys Ed Depot

- [Ninja Warrior Workout](#) (gifs)
- [Black Panther Workout](#) (gifs)
- [Moderate Challenge Workout](#) (gifs)
- [Partner Fitness Challenges](#) (choice of videos)
- [Fortnite Dances](#) (gifs)
- [Tik-Tok Dance Challenges](#) (choice of videos)
- [Superhero Choose your own Adventure](#) (fitness video-game play)

Presidential Youth Fitness Program Exercise Videos

- Video tutorials on push-up, curl up, sit and reach, PACER, and squat
- Includes standards (healthy fitness zones) and downloadable tracking sheet

Dance Videos:

- [Believer](#) (GoNoodle video)
- [Two Princes](#) (GoNoodle video)
- [Roar](#) (GoNoodle video)
- [Zumba Kids](#) (Edpuzzle video)
- [Peanut Butter Jelly Time](#) (Edpuzzle video)

[Fitness Blender](#) - hundreds of free workout videos. For students, I would click “no equipment” and a difficulty level of 1, 2, or 3 (it ranges 1-5). Many filters you can use (strength/yoga/cardio etc...)

- [Cardiovascular Workouts](#) (filters: no equipment, 10 minutes and less, difficulty level 2-3)

[Coach Martin PE Weebly Site](#) - lots of great videos for at home PE (I'll list one individually soon...)

[#ActiveHomeChallenge](#) - Twitter videos posted by PE teachers with daily challenges

[PE Universe](#)

- [At Home Challenges](#) (videos)
- [At Home Fitness](#) (videos)
- [At Home Skill Development](#) (videos)

[Sworkit](#): -Click "try it for free" and sign up. Once you have signed up, **go to "workout"** tabs on the left side, then **click "Sworkit Kid Workouts"**. Choose your **type of workout**, Then you can choose the amount of time for your workout and scroll down and **choose the song genre of "Kids"**. Now get your workout on!

The SUPER 7-Phys.Ed.Review

- [Phys.Ed.Review \(The Super 7 - Frisbee & Tennis Ball\)](#)
- [Phys.Ed.Review \(The Super 7 - Tennis Rackets & Tennis Balls\)](#)
- [Phys.Ed.Review \(The Super 7 - Tennis Balls\)](#)
- [Phys.Ed.Review \(The Super 7 - Basket & Ball\)](#)

BreakoutEDU (shared from Kymm Ballard)

- [Academic-based online games separated by grade/content area](#)

NCPEID/NCHPAD (Adapted PE) Recommendations:

- [Warm-Up Exercises](#) (videos)
- [Mobility Exercises](#) (videos)
- [Object Control Practice](#) (videos)
- [Games](#) (pdfs and videos)
- [Cool Down Exercises](#) (videos)

Picture Symbols

- [self awareness emotion, self management](#)

[Social and Emotional Learning:](#) (videos on social skills, conflict resolution, responsible decision making, etc)

[Picture Communication Symbols](#) (English/Spanish/French/Arabic)

[Motor Skill Learning Academy Switzerland](#) (game curriculum for kids age 3-7)

[PE Curriculum Guide for Beginners](#)

Facebook videos (at home activities)

- [3-D rubrics cubes](#) (facebook video)
- [Cycling indoors](#) (facebook video - using bicycles with training wheels)