



High School



Physical Education At-Home Resources




Online or screen time resources



Offline/no screen time resources

| Secondary PE/Health RESOURCES (SCREEN TIME OR WITH TECHNOLOGY) | |
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| Link | Description/Directions/Explanation |
| Videos: Sports Pro Videos Beginner Workout Sports Workout Basketball Skills – practice Volleyball skills –practice Soccer Skills - | Follow a video for a good fitness workout or to practice sports skills. |
| NFLPLAY60 | Fun activity videos |
| Health Resources: Shape - Health Resource Kids Health - https://kidshealth.org/classroom/ MyPlate – ChooseMyPlate.gov P,A,PA - Parenting and Paternity Awareness Catch My Breath - https://www.catch.org/ | |

| Secondary PE/Health RESOURCES/ACTIVITIES (NO SCREEN TIME OR TECHNOLOGY)  |
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| Activity log. Access the activity log from the webpage and log your daily activity. Challenge yourself! |
| Fitness Challenge Calendar Access the fitness challenge calendar from the webpage and take the challenge! |
| Walk or bike in a safe space for 20 minutes or more. |
| Dance it out! Play your favorite song and dance along- move your feet! |
| Home fitness stations- create stations around the house to rotate through. Do each station for 30 seconds and rotate/rest for 10 seconds. Complete 5-10 stations. Examples of stations: push-ups, curl-ups, high knees, wall sits, jumping, arm circles, heel kicks, lunges, |
| Fun games/Activities: This link has several activities that can be done with 2-3 people. https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf |
| Scavenger hunt- create a scavenger inside or outside that involves moving to find different objects. Vary the types of movements (skip, hop, jog, jump, leap) |
| Health - Create nutritious meals using the MyPlate guidelines. Have a conversation with a peer or adult about the dangers of: Smoking, drinking, drugs, risky behaviors |