



Middle 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) 	
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) 
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