

Finding Ways to Stay Active at Home is Good for Your Physical and Mental Health

*Active Schools and its partners are here to help
during these challenging times and all the time*

Access resources year-round by joining the Active Schools Movement at www.activeschoolsus.org

The following resources are available to your family at no cost:

[100 Mile Club – 26 Day Challenge!](#)

For 26 days (or until school resumes, whichever comes first), track your progress and aim for 1 mile per day.

[Activity Works 1-12 Minute Videos for Kids 4-10 Years Old](#)

Experience the joy of learning while moving with 50 Activity Works videos that provide academic content and supports whole child health. To request a free family account, parents should email info@activityworks.com

[BOKS at Home](#)

Games and activities to keep kids active and happy. Also, [Facebook LIVE BOKS classes](#) weekdays at 12pm EST.

[CATCH Health at Home](#)

Families: free and easy access to several of CATCH's evidence-based health, nutrition, and physical education materials and activities that require limited space and supervision. Educators: free lessons and resources to provide health education, nutrition education and physical activity instruction to students remotely.

[Dynamic PE ASAP In-Home Lesson Plans \(400\)](#)

[Fitbound Inclusive 2-8 Minute Videos for Kids Ages 7 & Up](#)

Short, inclusive exercise videos the represent individuals with and without disabilities.

[Focused Fitness Workout Videos on PhysEd TV](#)

New video content every week for elementary, middle school and high school students.

[Game On Activity Library](#)

Filter by gymnasium and playground to find 58 movement activities from Action for Healthy Kids.

[GoNoodle 2-5 Minute Videos for Kids 4-10 Years Old](#)

Every dance party, yoga session, and mindfulness activity is an opportunity for kids to wake up their bodies, engage their minds, and be their best.

[H.Y.P.E at Home!](#)

Hip Hop Public Health has put together a collection of free, fun, standards-based dance breaks that encourage physical activity at home.

[Marathon Kids Resources for Home](#)

Resources to start your own at-home physical education class, or enjoy walking/jogging together as a family.

[Mindful Remote Learning](#)

From Yoga Foster, pre-recorded mindfulness and yoga classes in English and Spanish for students and families to practice at home and educators to include in remote learning kits. Also, live classes for both educators and students for support during this time.

[My School in Motion! AT HOME](#)

Fun exercise routines for kids and adults that incorporate positive messaging about health, wellness and nutrition. [Session 1](#) (35:00) and [Session 2](#) (18:00).

[#PlayAtHome with Playworks](#)

Free video tutorials of games that follow CDC guidelines and can be played at home with little to no equipment and a printable [Play at Home Playbook](#) that features these games. Also, families can play along during a [free virtual recess live on Facebook](#) three times per day Monday-Friday.

[PowerUp Fitness at Home](#)

Combination of combination of short videos of PowerUp exercises, sample lessons, and lists of games and activities, that can even be done in the living room. Also, coming in early April: full, online PowerUp classes that families can stream at home, which don't require any equipment and can be done in small spaces.

[Pro Athlete Fitness Break Videos](#)

Upbeat fitness breaks for any easy physical activity win from the Alliance for a Healthier Generation.

[SEL Journeys Learn@Home Lessons](#)

These lessons are designed for students to experience on their own, or they can invite family members to dance along with them.

[SPARKhome Resources](#)

Create a free account to access three weeks of materials (15 per program: Early Childhood, K-2, 3-6, Middle School, High School) to keep students active & healthy.

[Tools for Creating and Active Home](#)

Home physical education curriculum solutions and tools for creating an active home from the Online Physical Education Network (OPEN). Check back often for updates.

[Virtual Resources for Health & PE](#)

A collection of resources from SHAPE America and others to help physical education and health education teachers continue to provide high-quality, standards-based lessons despite the current circumstances.

[Walkabouts](#)

The Walkabouts active learning platform is currently available at no cost for learning from home. The web-based lessons activate PK-2nd grade curriculum with fun, standards-based movement.

[Walking Classroom Podcasts for Learning at Home](#)

Students can introduce walking, listening, and learning to their families with 26 podcasts and lesson plans.

[Workout from Home: Options for People with Disability and Chronic Health Conditions](#)

The National Center on Health, Physical Activity and Disability (NCHPAD) has curated a playlist of exercise from home videos for kids and adults. It has 32 options for all abilities.

[Workouts for PE at Home](#)

PLYOGA Fitness provides 11 workouts that are vetted, functional, use all planes of motion evenly, and are appropriate for the eyes of young people.

[UNICEF Kid Power from Home](#)

Teachers can stay connected with their students by assigning fun and purposeful Kid Power Up videos for to do from home. Every 30 videos your students watch (collectively) unlocks a packet of therapeutic food that will be delivered to a severely malnourished child in need.