**Comprehensive Health & Physical Education**

**Grades K-12**

* [SHAPE Virtual Resources for Health & Physical Education](https://www.shapeamerica.org/covid19-resources.aspx)
* [KidsHealth](https://classroom.kidshealth.org/classroom/index.jsp?Grade=0&Section=welcome)
* [PBS Disease, Illness and Disability](https://nj.pbslearningmedia.org/subjects/health-and-physical-education/disease-illness-and-disability/)
* [CDC Health Conditions and Diseases](https://www.cdc.gov/healthyschools/bam/diseases.htm)
* [PBS The Human Body and Life Cycle](https://nj.pbslearningmedia.org/subjects/health-and-physical-education/)
* [PBS Personal, Mental, and Emotional Health](https://nj.pbslearningmedia.org/subjects/health-and-physical-education/personal-mental-and-emotional-health/)
* [PBS Physical Education](https://nj.pbslearningmedia.org/subjects/health-and-physical-education/physical-education/physical-activity/participation-in-physical-activity/)
* [PBS Self, Family, Environment, and Society](https://nj.pbslearningmedia.org/subjects/health-and-physical-education/self-family-environment-and-society/self/)
* [PBS Skills for Healthy Living](https://nj.pbslearningmedia.org/subjects/health-and-physical-education/skills-for-healthy-living/)
* [PBS Consumer Health](https://nj.pbslearningmedia.org/subjects/health-and-physical-education/consumer-health/)
* [Health Smart Hygiene Lessons](https://pages.etr.org/handwashing-lessons)
* [EVERFI Virtual Resources for Health Education](https://everfi.com/k-12/teacher-remote-learning/#blur-container)
* [CDC Nutrition](https://www.cdc.gov/healthyschools/bam/nutrition.htm)
* [Rhythm & Movement](https://openphysed.org/movement/rhythmmove)
* [Focus Fitness Videos](http://www.physed.tv/)
* [NFL Play 60 Videos](https://aha-nflplay60.discoveryeducation.com/videos)

**Grades 6-8**

* [CDC Drugs/Alcohol](https://www.cdc.gov/healthyschools/bam/e_cigarettes_and_alcohol.htm)
* [Building Relationships](http://startstrong.futureswithoutviolence.org/why-middle-school-matters/)
* [Common Sense Relationships Videos](https://www.commonsense.org/education/videos/discussing-digital-drama)

**Grades 9-12**

* [Drugs and other Challenges](https://classroom.kidshealth.org/index.jsp?Grade=912&Section=problems)
* [Common Sense Social Media Videos](https://www.commonsense.org/education/videos/feeling-on-display)

**OPEN Physical Education Modules**

* [OPEN Physical Education Modules](https://openphysed.org/k2-primary-mods) (K-2)
* [OPEN Physical Education Modules](https://openphysed.org/35-intermediate-mods) (3-5)
* [OPEN Physical Education Modules](https://openphysed.org/68-middleschool-mods) (6-8)
* [OPEN Physical Education Modules](https://openphysed.org/912-highschool-mods) (9-12)

Grade specific resources

<https://docs.google.com/document/d/1f-tGekLcnHwr-QI0PeIWwhS61AJ5i_PzPEScuNwzkXY/mobilebasic>

Elementary

* [Jump Rope Skills](https://www2.heart.org/site/SPageServer?pagename=khc_resources_jump_skills_videos)
* [Ben Pirillo Dance videos](https://www.youtube.com/playlist?list=PLJnn5H8Y_tYE3LdXoJIG_azMC2l5TjCON)
* [Fitness and wellness videos for kids](https://www.youtube.com/channel/UCq4RxmjydS7wixyEYVRDOWA)
* [Google Drive Resource](https://drive.google.com/drive/folders/1eF5sr5X3q6yDNw_9YuSmkFTeSAXtw9GU)
* [ThingLink Game](https://www.thinglink.com/card/1290207774101209089?fbclid=IwAR3VshqWq6UaLfTHQV2ITm_PZo8kiRYt1_jMuKwmCtyB33nuZDjOL0qglmo)
* [S&S PE homework resource](https://ssww.teachable.com/p/homework)
* [OPEN Physed Active Home](https://openphysed.org/activeschools/activehome)
* [PE At Home with links](https://docs.google.com/document/d/1d0W5l9MhIv0iHvBw1PJPAsoEq5lSGppicwGoxHY0DzI/mobilebasic)
* [PE E-Learning Links](https://docs.google.com/document/d/1f-tGekLcnHwr-QI0PeIWwhS61AJ5i_PzPEScuNwzkXY/mobilebasic)
* [Fitness Monopoly](https://docs.google.com/drawings/d/15LZsL0sT6cBvdpl10y8LbIyGmT6KsQXmfGMqRdOpgvU/edit)
* [Keep Moving Calendar](https://docs.google.com/document/u/0/d/1K2UDQ3s_CTk7NM3HYD5T3oIlXdSencNfgkSD1SrhxNA/mobilebasic)
* [Workout Calendar](https://docs.google.com/document/u/0/d/1_CPjo0mGxCdLcHv6uI7mfgWmGjAI92EvUaxNQrGPurA/mobilebasic)
* [Gopher inhome PE lessons](https://www.gophersport.com/blog/dynamic-pe-asap-in-home-lesson-plans/?utm_term=DPE%20ASAP%20Lessons&utm_campaign=Gopher%20-%20Informational%20-%20COVID-19%20Update%20-%20March%202020&utm_content=email&utm_source=Act-On+Software&utm_medium=email&cm_mmc=Act-On%20Software-_-email-_-From%20the%20CEO%20of%20Gopher%3A%20Supporting%20you%20with%20free%20resources%20for%20PE%20and%20physical%20activity%20at%20home-_-DPE%20ASAP%20Lessons)
* [Throwing activities](https://drive.google.com/drive/folders/1_ph3YQchYCwDb_eGLzOCIy0BrMbQ4T1r)
* [Yoga and Mindfulness](https://docs.google.com/document/u/0/d/11t-NsqN9JSPJk5nhRB0TpvW7ajJynGNj_aAulU8s-ik/mobilebasic)

Secondary

* [Fitness Blender](https://www.fitnessblender.com/healthy-living/fitness)
* [Google Drive Resource](https://drive.google.com/drive/folders/1eF5sr5X3q6yDNw_9YuSmkFTeSAXtw9GU)
* [S&S PE homework resource](https://ssww.teachable.com/p/homework)
* [Health ABC Book](https://docs.google.com/document/u/0/d/1psFnKqk00B3gfh5A-cEOmoxpFiy2lC53z7A7VFEbAfw/mobilebasic)
* [Skills-based Health](https://drive.google.com/file/d/1b6Tf5p8rANfX3gu9GGfMTaotoI8f1NFC/view)
* [PE At Home with links](https://docs.google.com/document/d/1d0W5l9MhIv0iHvBw1PJPAsoEq5lSGppicwGoxHY0DzI/mobilebasic)
* [Health ed lessons](https://docs.google.com/spreadsheets/d/19J3sw97HET_i6C0-Iqpoh9_JgOSCCYWzjUI_7ksLiOs/htmlview#gid=0)
* [Darebee Workouts](https://darebee.com/workouts.html)
* [PE E-Learning Links](https://docs.google.com/document/d/1f-tGekLcnHwr-QI0PeIWwhS61AJ5i_PzPEScuNwzkXY/mobilebasic)

**Physical Education videos for Adaptive Physical Education**

[**https://www.nchpad.org**](https://www.nchpad.org/)

National Center on Physical Activity and Disability (NCHPAD). Has “workouts from home” videos for individuals with disabilities. User can select “Educator” of “Individuals and Caregivers” buttons depending whether the user is a teacher or parent.

[https://www.specialolympics.org](https://www.specialolympics.org/)

Special Olympics. Has “Stay At Home Activities” which include videos of short workouts for individuals with disabilities (School of Strength; Fitness Moves; etc…)

[https://www.disabledsportsusa.org](https://www.disabledsportsusa.org/)

Disabled Sports USA. Has Adaptathome COVID-19 page that includes videos on home workouts. However, users must register to participate in the workouts that are on zoom.