

# Remote Physical Activity and Physical Education Resources for Educators, Families, and Administrators

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*As the 2020-2021 school year opens with many challenges, we must plan to provide instruction and guidance that prioritize health and well-being. Ensuring that students have the opportunities they need to obtain the physical activity necessary to support healthy growth and development will be a key challenge. These physical activity and physical education (PE) resources are for educators, families, and administrators to help them to prepare for a safe and physically active school year for all students.*

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## Educators

### Online Physical Education Guidelines

- [Society of Health and Physical Educators \(SHAPE\) America – Guidelines for K-12 Online Physical Education](#)  
*Ideas and resources on appropriate practices and practical recommendations for online PE, including sample learning activities, assessment strategies, and lesson modules; online course tools and resources; and tips for assessing online PE course quality.*
- [The Alliance for a Healthier Generation – Take 15: Exploring the Remote and Distant World of Physical Education](#)  
*Create a free account to access an online course with remote PE best practices.*

### Sample Lesson Plans, Games, and Activities

- [SHAPE America – Guidelines for K-12 Online Physical Education](#)  
*Information on appropriate practice and practical recommendations for online PE.*
- [Online Physical Education Network \(OPEN\): 2020-21 Mapping Project](#)  
*Guidance for planning in-person, remote, and hybrid models of learning.*
- [Online Physical Education Network \(OPEN\) – Tools for Creating an Active Home](#)  
*Tools to help teachers and parents collaborate to progress students toward PE and social and emotional learning goals.*
- [SPARK – SPARK Home](#)  
*Create a free online account to access three weeks of resources to keep children (PK-Grade 12) active. SPARK also shares tips on how to use the distance learning experience to enhance student learning once classes are in-person.*
- [Playworks – Play At Home Playbook](#)  
*Compilation of games requiring minimal equipment and few participants. They also share accompanying online resources.*
- [Hip Hop Public Health \(HHPH\) – Resource Center](#)  
*Free research-based resources organized by grade level and content. Tap into the Masters of Culture network of educators, entertainers, and health professionals for support.*
- [Coordinated Approach to Child Health \(CATCH\) Global Foundation – CATCH Health at Home](#)

### Examples from School Districts

- [Fort Worth Independent Schools: Scope and Sequence](#)  
*Help teachers prepare 30 min lesson plans.*
- [Boston Public Schools: At-Home PE](#)  
*Includes physical activity trackers, weekly assignments, and ideas for a virtual field day.*
- [The School District of Philadelphia: Remote PE Learning Packet](#)  
*Virtual PE, health, nutrition, and sports leadership instruction for K-12.*
- [San Diego Unified School District: Remote PE Learning Packet](#)  
*Virtual PE instruction packets for PreK – Grade 12.*

Free health and education materials for teachers, including PreK-8 lesson plans, assignments, and activity breaks.

## Families

### Active At-Home

- [Online Physical Education Network \(OPEN\) – Tools for Creating an Active Home](#)  
*Games and resources for families to create an active home. Tools to help teachers and parents collaborate to progress students toward PE and social and emotional learning goals.*
- [Presidential Youth Fitness Program – PYFP @ Home](#)  
*Exercises, goals, and video tutorials for families.*
- [SPARK – SPARK Home](#)  
*Create a free online account to access three weeks of resources to keep children (PreK- 12) active.*
- [Playworks – Play At Home Playbook](#)  
*Compilation of games requiring minimal equipment and few participants. They also share accompanying [online resources](#).*
- [BOKS – At Home Resources](#)  
*Sign up to access free activity packets requiring minimal equipment, including a monthly fitness calendar, yoga, mindfulness activities, and more.*
- [Hip Hop Public Health – Kids Site](#)  
*Fun music and health information for children. Families should also check out [H.Y.P.E. At Home](#) with free, fun, standards-based dance breaks.*
- [The Alliance for a Healthier Generation – Fitness Breaks](#)  
*Ideas for quick fitness breaks to allow children to stay active throughout the day.*
- [Coordinated Approach to Child Health \(CATCH\) Global Foundation – Google Classroom](#)  
*Free access to PE, health, and nutrition education materials requiring minimal space and supervision.*

### How have school districts engaged families?

- [Fort Worth Independent School District: PE 4 Everyone](#)  
*Website to help students, families, and the community keep their minds and body healthy.*
- [Boston Public Schools: BPS Moves Together](#)  
*TV segment to help families stay active*
- [The Dallas Independent School District: Let's Set Sail for Fun and Fitness](#)  
*Summer enrichment program with fun activities including juggling, Zumba, and line dancing.*

## Administrators

Resources and compilations to provide school administrators guidance on operations.

### Federal

- [CDC – School and Childcare Programs](#)  
*Guidance to help administrators plan, prepare, and respond to the pandemic. Check out their [Readiness and Planning Tool](#).*

### State-Specific

- [Johns Hopkins University – eSchool+ Initiative](#)  
*Analysis of state school reopening plans coded within several categories.*

### General Guidance

- [American Academy of Pediatrics – COVID-19 Planning Considerations: Guidance for School Re-entry](#)



*Guidance to support education, public health, local leadership, and pediatricians to create policies for reopening schools that prioritize the health of children, adolescents, staff, and communities.*

- [Harvard T.H. Chan School of Public Health’s Healthy Buildings Program – Schools for Health: Risk Reduction Strategies for Reopening Schools](#)  
*Report for implementing risk reduction strategies and school reopening measures.*
- [Kaiser Permanente Thriving Schools – Planning for the Next Normal at School: Keeping Students, Staff, and Families Safe and Healthy](#)  
*Playbook with information on mental health and well-being, COVID-19 prevention, physical activity, and PE, social drivers of health, and teacher and staff well-being.*
- [The National Academies Press – Reopening K-12 Schools During the COVID-19 Pandemic: Prioritizing Health, Equity, and Communities](#)  
*Recommendations from the Committee on Guidance for K-12 Education on Responding to COVID-19 on reopening schools for the 2020-2021 school year. Create a free account to access.*

#### ***Physical Activity and Physical Education***

- [Online Physical Education Network \(OPEN\): 2020-21 Mapping Project](#)  
*Guidance to help administrators plan for in-person, remote, and hybrid models of learning.*
- [Society of Health and Physical Educators \(SHAPE\) America – Guidelines for K-12 Online Physical Education](#)  
*Ideas and resources on appropriate practices and practical recommendations for online PE, including sample learning activities, assessment strategies, lesson module; online course tools and resources; and tips to assess the quality of online PE courses.*
- [American Academy of Pediatrics – COVID-19 Planning Considerations: Guidance for School Re-entry](#)  
*Guidance to support education, public health, local leadership, and pediatricians to create policies for reopening schools that prioritize the health of children, adolescents, staff, and communities.*
- [Active Schools: Physical Education and Physical Activity are an Integral Part of the Education Process During COVID-19](#)  
*Position statement on the importance of including physical activity and PE in the COVID-19 response.*
- [Kaiser Permanente Thriving Schools – Planning for the Next Normal at School: Keeping Students, Staff, and Families Safe and Healthy](#)  
*Playbook with information on mental health and well-being, COVID-19 prevention, physical activity and PE, social drivers of health, and teacher and staff well-being.*
- [Safe Routes to School Partnership – Back to School 2020: Recommendations for Safe Routes to School Programming](#)  
*Advice, tools, and considerations for Safe Routes to School programming for remote, hybrid, and in-person learning scenarios.*

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Researchers at the Prevention Research Center on Nutrition and Physical Activity compiled resources between 6/25 and 6/30/20.