

Distance Learning Resources for Physical Education and Physical Activity

The Office of Standards and Learning has compiled resources for physical education and physical activity in light of school closures due to the community impact of COVID-19.

The standards and indicators detailed in *South Carolina Academic Standards for Physical Education 2014* informed the selection and organization of these resources.

9-12 Physical Education

Sample lessons to address physical education content

Motor Skills/Movement	Health Related Fitness	Personal and Social Responsibility	Additional Resources
<p style="text-align: center;">Race to 100</p> <p>Objective: Develop competence and confidence in basic skills needed to participate in their favorite activity/sport</p> <p>Connection: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Activity: Have students choose their favorite activity or sport and select a basic skill associated with that activity/sport. For example, dribbling a basketball, throwing/catching a football, overhand serve in volleyball, passing a soccer ball, etc. Focus on the proper mechanics associated with the skill. Challenge students to complete 100 repetitions of the skill. Vary the difficulty by having students use either hand or foot, rest after sets of 10, how many successful attempts in a row, timing to 100, etc.</p>	<p style="text-align: center;">Fitness Trail</p> <p>Objective: Enhance cardiovascular fitness, muscular strength and endurance, flexibility.</p> <p>Connection: The physically literate individual achieves and maintains a health-enhancing level of physical activity and fitness.</p> <p>Activity: Have students design an indoor or outdoor fitness trail/circuit. The stations should include a combination of whole body, lower body and upper body exercises.</p>	<p style="text-align: center;">Activity Calendar</p> <p>Objective: Work cooperatively to design a fitness/activity calendar.</p> <p>Connection: The physically literate individual demonstrates awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>Activity: Have students create a weekly/monthly fitness calendar. Review the health related components of fitness and include activities/exercises to address all components. Design a calendar based upon your favorite activity/sport to include days to practice specific skills or movements associated with successful participation.</p>	<p>Resource: PE Central The Health and Physical Education Web site for Teachers.</p> <p>Resource: OPEN OPEN is a curriculum project that targets SHAPE America's National Standards & Grade-Level Outcomes.</p> <p>Resource: PYFP at Home PYFP is the nation's leading youth fitness program. Goal of PYFP@home is to keep students and families healthy.</p> <p>Resource: Fitnessgram Free resources for physical education and physical activity for students, parents and teachers</p>

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9-12 Physical Education / Physical Activity Resources

[OPEN - Active Home Resources](#)

Activities and resources for parents and families, includes meaningful movement opportunities that progress students toward physical education and social & emotional learning outcomes.

[Sanford Health *fit*](#)

Resources to support and empower children in making healthy lifestyle choices. Designed to educate, motivate, and inspire children of all ages to live a balanced, healthy lifestyle.

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[Alliance for a Healthier Generation](#)

Evidence-based resources to support the physical, social, and emotional health of children and their caregivers

[American Heart Association](#)

Resources to support a healthy active lifestyle. Includes resources for healthy eating, physical activity, social/emotional.

[NFL Play 60](#)

NFL Play 60 Challenge, an in-school curriculum that helps teach educators and students the importance of 60 minutes of physical activity a day and provides examples for teachers, students, and parents on how to incorporate physical activity breaks into their daily lives.

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9-12 Physical Education / Physical Activity Resources

[Focused Fitness](#)

Weekly video playlists to increase physical activity opportunities for students includes health and physical education content.

[SHAPE America](#)

Collection of resources from SHAPE America and other K-12 health and physical educators to help you continue to provide high-quality, standards-based lessons despite the circumstances. Adapt, repurpose or use the resources provided as you see fit to best meet the unique needs of your students.

[American Heart Association](#)

Resources to support a healthy active lifestyle. Includes resources for healthy eating, physical activity, social/emotional.

[SPARK Physical Education](#)

Collection of free SPARK Physical Education and Physical Activity lesson plans.

[NFL Play 60 App](#)

Take real steps to move in the game, explore your surroundings, and collect characters to build your ultimate team for competition.