

# 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.

# K-5 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;"><b>Movement Adventure</b></p> <p><b>Objective:</b> Develop and enhance students understanding of locomotor movements and movement pathways.</p> <p><b>Connection:</b> The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p><b>Activity:</b> Have students create their own adventure trail. Use paper cutouts, floor tape, chalk, markers, etc. to make obstacles such as rocks, campfire, volcano, rivers, etc. Students place these obstacles along their trail and then must use various locomotor movements (hop, skip, jump, run, walk, etc.) to navigate the course, i.e. hop on each rock, jump over a creek/river. Increase the difficulty by challenging students to use a variety of movements, change direction, time themselves, make the course longer, add more obstacles, etc.</p>	<p style="text-align: center;"><b>Card Fitness</b></p> <p><b>Objective:</b> Enhance cardiovascular fitness, muscular strength and endurance.</p> <p><b>Connection:</b> The physically literate individual achieves and maintains a health-enhancing level of physical activity and fitness.</p> <p><b>Activity:</b> Have students create a list of their favorite exercises. Each exercise correlates with a Uno card color i.e. blue=jumping jacks, red=push-ups, green=squats, yellow=lunges, wild=student choice, skip= skip around the area. Students draw a card and then complete the number of the exercise that corresponds to that card color. Challenge students to complete a set number of cards, accumulate a number of points, participate for a specified number of minutes, etc.</p>	<p style="text-align: center;"><b>Create-A-Game</b></p> <p><b>Objective:</b> Work independently or cooperatively to design a game, using equipment or fitness concepts.</p> <p><b>Connection:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p><b>Activity:</b> Have students select a few pieces of equipment (balls, cones, jump rope, etc. and then challenge them to design their own game. The game can have rules, scoring system, playing area, etc. Challenge students to use specific movements in place of equipment.</p>	<p><b>Resource:</b> <a href="#">PE Central</a> The Health and Physical Education Web site for Teachers.</p> <p><b>Resource:</b> <a href="#">OPEN</a> OPEN is a curriculum project that targets SHAPE America's National Standards &amp; Grade-Level Outcomes.</p> <p><b>Resource:</b> <a href="#">PYFP at Home</a> PYFP is the nation's leading youth fitness program. Goal of PYFP@home is to keep students and families healthy.</p> <p><b>Resource:</b> <a href="#">Fitnessgram</a> Free resources for physical education and physical activity for students, parents and teachers</p>

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## K-5 Physical Education / Physical Activity Resources

### [Go Noodle](#)

Physical activity resource with interactive movement and mindfulness videos. Addresses physical wellness and social-emotional health.

### [Classroom Energizers](#)

Classroom-based physical activities that integrates movement with academic concepts.

### [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.

### [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.

### [Focused Fitness](#)

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

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## K-5 Physical Education / Physical Activity Resources

### [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 the resources as you see fit to meet the unique needs of your students.

### [Kids Exercise Daily \(21 minutes\)](#)

Little Sports – daily collection of simple workouts for students.

### [The Learning Station Movement to Music](#)

The Learning Station - fun and educational videos for children with active participation.

### [Would You Rather? Roblox Fitness](#)

Students have 10 seconds to choose which of the 2 options is their favorite. Step to either side of the room or area to show their choice (divide area in half with cones, rope, etc). Then another timer appears for 30 seconds along with an exercise GIF depending on which choice they made.

### [Playworks Online Game Library](#)

Hundreds of games by group size, available space, equipment, appropriate ages and developmental skills.

### [SPARK Physical Education](#)

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

### [GoNoodle Games App](#)

GoNoodle Games - a free app created to get kids moving at home and on the go!

### [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.