



Physical Education Resources

[SHAPE America Physical Education School Reentry Webinar Recording and PPT](#)

[SHAPE America's 2020-2021 School Reentry Considerations: K-12 Physical Education, Health Education, and Physical Activity](#)

This document is intended to guide administrators, staff, and teachers as they prepare an environment for safe and supportive instruction using one of three models of learning: in-school instruction with physical distancing; distance learning; or hybrid learning.

[SHAPE America School Reentry Considerations Teaching Strategies Workbook](#)

This workbook is a companion document to SHAPE America's 2020-2021 School Reentry Considerations: K-12 Physical Education, Health Education, and Physical Activity. Use the workbook to explore teaching strategies for health and physical education related to: Equity, Inclusion and Accessibility, Social and Emotional Learning, Trauma-Sensitive Learning Environment, and Student Assessment.

[SHAPE America Virtual Resources for Health and Physical Education #HPEatHome](#)

This collection of resources from SHAPE America and other K-12 health and physical educators will help you continue to provide high-quality, standards-based lessons despite the circumstances surrounding COVID-19. Adapt, repurpose or use the resources provided as you see fit to best meet your needs.

[health. moves. minds.](#)

SHAPE America's service-learning program inspires healthy habits, fuels active minds, and teaches kids to thrive physically and emotionally. The program offers resources for HPE teachers to integrate into instruction, centering on social and emotional learning.

[SHAPE America School Reentry Considerations At-Home Student Survey Template](#)

Conducting an at-home student survey can help you learn more about your students and their home environment, which is especially important during this time of COVID-19. The template provided is intended as a starting point; customize it to suit your situation.

[CDC EPA-Approved Disinfectants for COVID-19](#)

A resource to help understand approved disinfectants for equipment and spaces, as well as how to disinfect items appropriately.



[CDC Signage, Print Materials & Infographics](#)

Teachers may want to post signs as reminders for healthy habits. These materials are free for download and were developed by the CDC to support COVID-19 recommendations.

Resource Reminders:

- [National Standards and Grade-Level Outcomes for K-12 Physical Education](#)
- [The Essential Components of Physical Education](#)
- [Appropriate Practice Guidelines for K-12 Physical Education](#)

Missouri SHAPE (MOSHAPE) Panel Webinars on Reentry Considerations

- [MOSHAPE Webinar #1 from June 25, 2020](#) - Initial discussion & examples.
- [MOSHAPE Webinar #2 from July 13, 2020](#) - Further discussion & ideas.

Technology Resources:

- [Buncee](#) – A web-based tool for creating interactive multimedia presentations. The user can integrate content from both external and internal sources as well as create content directly on each slide.
- [Google Classroom](#) – Makes teaching more productive and meaningful by streamlining assignments, boosting collaboration, and fostering communication. Educators can create classes, distribute assignments, send feedback, and see everything in one place.
- [Welnet](#) (paid platform) – Includes student assessments, e-curriculum, student interaction and data monitoring capacity.
- [Screencastify](#) – Software to create videos for your classes.
- [Screencast-o-matic](#) – Free software to create videos for your students.
- [SworKit](#) – Customizable workout program available online and on mobile devices. The application provides video models, audio prompts, and visual timers to assist students of various fitness levels and abilities.
- [PLT4M](#) (paid platform) – Fitness education & athletic performance training, built exclusively for high schools. Includes a student app and data monitoring capacity.
- [Pear Deck](#) – Add on to Google Slides and PowerPoint Online to make your slides interactive so every student can respond to your questions or prompts on their own screens.



Activity/Content Resources:

- [SHAPE America Virtual Learning Elementary PE Resources](#)
- FREE curriculum: [Dynamic PE ASAP](#). Research-based curriculum in adaptable format.
- FREE curriculum: [OPEN PhysEd](#). Outcomes-based curriculum tools and resources.
- GOPHER Sports Free curriculum [Active Home Challenge Videos](#)
- SPARK PE <https://blog.sparkpe.org/blog/sparkhome/>
- Dance Resource: [Dance PL3Y certification](#)
- Plyometrics-Yoga Training: [PLYOGA certification](#)
- Sample Website of [Training Links Resource Page](#) for High School
- Jessica's Blog: [The Under Construction Mindset: Home is Where the Heart Is](#)
- [Reentry Checklist for PE - Fall 2020](#) (Template from Jessica Shawley) - *Make a copy.
- [Wellness bingo](#) – shared by Sarah GH
- [Choose your adventure](#) – shared by Sarah GH
- [Jump rope choice](#) – shared by Jo Bailey
- [Lynn Hefele YouTube](#)
- [Springboard to Active Schools Strategies for Classroom Activity in Schools](#)

Adapted PE Resources:

- [I Can Do It!](#) – An evidence-based program that is designed to encourage students with disabilities to engage in 60 minutes of physical activity each day.
- [Sworkit](#) – Customizable workout program available online and on mobile devices. The application provides video models, audio prompts, and visual timers to assist students of various fitness levels and abilities.
- [Special Olympics Fit 5](#) – Fitness cards and videos of a variety of exercises to meet the needs of students with disabilities.
- [Fitbound](#) – Provides inclusive workout videos with multiple ability levels on-screen.
- [ToolKit 4PE](#) – Multiple resources in <https://www.toolkit4pe.com/> including resources specific to visual supports and units in the instruction section.



- [Darebee](#) – Fitness activities rich with visual supports.
- [NCHPAD](#) – The National Center on Health and Physical Activity and Disability has home workouts that address multiple disability conditions.
- [Online Physical Education Network](#) – As a part of their site, has lessons designed specifically for home (Active Home program).
- [Eyes-Free Fitness](#) – Physical activities and lessons designed for learners with visual impairments.
- YouTube: Channels such as those developed by APE specialists:
 - [Kasey Galik](#)
 - [Adapted Physical Activity](#)
- Resources from state groups such as <https://www.nc-ape.com/> and <https://sites.google.com/site/marylandape/home>.
- Resources from the website of SHAPE America Adapted Physical Education Teacher of the Year [Brad Weiner](#) including videos and worksheets to support instruction.
- <https://www.youtube.com/c/AdaptedPhysicalEducation>

Other K-12 Resources:

- Project-Based Learning Resources:
 - <https://www.pblworks.org/blog/using-project-based-learning-physical-education>
 - <https://www.toolkit4pe.com/>
 - <https://www.blindalive.com/what-is-eyesfree-fitness>

Higher Education Resource:

- <https://sparkpe.org/spark-university/>



Resources Shared by Webinar Attendees:

- Resource for APE: <https://www.youthsporttrust.org/sendJamboard>
- No equipment PE activities check out 100 dynamic movements: <https://www.youtube.com/watch?v=p5oKYOIFsd0>
- Pam Powers Resources: <https://physicalpowers.com/resourcespechakucha>
- HPE at home: <https://www.cbhpe.org/hpeathome>
- "Back to School": <https://www.cbhpe.org/bts>
- No Gym? No Problem!- Physical Activities for Tight Spaces by Charmain Sutherland <https://www.goodreads.com/book/show/3817365-no-gym-no-proble>
- <https://edpuzzle.com/>
- <https://www.nysahperd.org/content/content/advocacy/Congressweb.cfm#/>
- SHAPE America [Physical Activity Council Wellness Series](#)
- NC SHAPE [Online Advocacy Day Resource page](#)