

Staying Active at Home is Good for Your Physical and Mental Health

Active Schools is here to help during these challenging times and all the time

Access resources year-round by joining the Active Schools Movement at www.activeschoolsus.org

The following resources are available to your family at no cost:

(last updated 5.1.20)

[100 Mile Club – 26 Day Challenge!](#)

For 26 days (or until school resumes, whichever comes first), track your progress and aim for 1 mile per day.

[Activity Works 1-12 Minute Videos for Kids 4-10 Years Old](#)

Experience the joy of learning while moving with 50 Activity Works videos that provide academic content and supports whole child health. To request a free family account, parents should email info@activityworks.com

[Athletes for Hope Fit at Home Videos](#)

Over 20 videos by professional, Olympic, Paralympic and college athletes.

[Athlos Healthy Body Community](#)

Online professional learning and networking community for physical educators. Currently focused on content, resources, and professional development for online instruction and virtual support for students and families.

[BOKS at Home](#)

Games and activities to keep kids active and happy. Also, [Facebook LIVE BOKS classes](#) weekdays at 12pm EST.

[CATCH Health at Home](#)

At-home and distance learning resources for parents and educators, including Spanish language.

[EduMotion's SEL Journeys Learn@Home](#)

Lessons that bring joy and dancing to long days at home.

[Fitbound Inclusive Videos for Kids Ages 7 & Up](#)

Short (2-8 minute), inclusive exercise videos that represent individuals with and without disabilities.

[Fit Kids' Home Workouts for Kids \(and Adults!\)](#)

Nearly 50 warm-up exercises, fitness movements and yoga poses, in short videos, that require very little space and no equipment.

[Focused Fitness Workout Videos on PhysEd TV](#)

New video content every week for elementary, middle school and high school students.

[Game On Activity Library](#)

Filter by gymnasium and playground to find 58 movement activities from Action for Healthy Kids.

[Gopher PE At-Home Learning Resources](#)

Physical education teacher resources including lesson plans, professional development, skills cards and blogs to help you during this stressful time.

[Greenfields Outdoor Fitness at Home Workouts](#)

Videos of activities you can do indoors – created with everyone in mind, no matter your age or fitness level.

[H.Y.P.E at Home!](#)

Hip Hop Public Health has put together a collection of free, fun, standards-based dance breaks that encourage physical activity at home.

[Just Run Home School Program](#)

Free at-home youth fitness program to help parents encourage their kids to be physically active.

[Marathon Kids Resources for Home](#)

Resources to teach remotely, start your own at-home PE class, or just enjoy walking or jogging together as a family such as mileage and activity logs, walk and talk, and more; some are available in Spanish.

[Move & Learn at Home with GoNoodle](#)

Movement, yoga, and mindfulness videos, downloadable curricular activities, and recommended off-screen home activities. Available in Spanish too – Buena Energia.

[Moving Minds At-Home Activities and Resources](#)

Daily brain breaks published each week.

[My School in Motion! Move Free AT HOME](#)

Videos of fun exercise routines for kids and adults that incorporate positive messaging about health, wellness and nutrition.

[Online Physical Education Network \(OPEN\) Tools for Creating an Active Home](#)

Two types of tools: games and calendars for families to use to make their home an Active Home, and resources to help teachers and parents partner together to provide meaningful movement opportunities that progress students toward physical education and social and emotional learning outcomes. Check back often for updates.

[Outride at Home Resources](#)

Cycling while complying with WHO, CDC, and state government guidelines. Strategies such as riding in smaller groups restricted to those you live or quarantine with, avoiding public spaces, and respecting travel restrictions.

[#PlayAtHome with Playworks](#)

Video tutorials of games that follow CDC guidelines and can be played at home with little to no equipment. Download the Play at Home Playbook of the games and play along during virtual recess live on Facebook.

[PLYOGA Fitness For All Ages Full Workouts](#)

A playlist of 40+ safe fitness workouts for all ages that require a little space and a good attitude. Subscribe for all new releases.

[PowerUp Fitness at Home](#)

Fitness activities you can do in your living room – simple games, exercise demonstrations, and fun physical activities – no equipment needed. New exercises, activities, and short videos are added daily.

[Presidential Youth Fitness Program \(PYFP\) at Home](#)

Program that parents can do at home with their families.

[Pro Athlete Fitness Break Videos](#)

Upbeat fitness breaks for any easy physical activity win from the Alliance for a Healthier Generation.

[Remote Learning with Adventure 2 Learning](#)

Active learning through on-demand videos and printable materials that align with state and national standards for core curriculum subjects such as math, language arts, science, social studies, health and fitness, and more.

[Rising New York Road Runner's Stay Active at Home](#)

Fun activities for children that help develop movement skills and keep space and social distancing in mind.

[SPARKhome Resources](#)

Create a free account to access three weeks of materials (15 per program: Early Childhood, K-2, 3-6, Middle School, High School) to keep students active & healthy.

[Tennis at Home](#)

The USTA and Net Generation want to help you keep your family connected and engaged with tennis tips, fun activities, and tennis-themed educational content to keep everyone in the family active.

[The Cooper Institute's Fit Tip Video](#)

Fit Tip 15-minute workout video to help you and your family #GetActiveStayHealthy at home with no equipment.

[The Walking Classroom Podcasts through Mobile App](#)

Loaded with almost 200 fun, educational podcasts, The Walking Classroom mobile app brings 100% ad-free program to your mobile device. Kids and families can walk at home, or anywhere, while listening to educational podcasts.

[Virtual Resources for Health & PE](#)

A collection of resources from SHAPE America and others to help physical education and health education teachers continue to provide high-quality, standards-based lessons despite the current circumstances.

[Walkabouts](#)

The Walkabouts active learning platform is currently available at no cost for learning from home. The web-based lessons activate PK-2nd grade curriculum with fun, standards-based movement.

[Workout from Home: Options for People with Disability and Chronic Health Conditions](#)

The National Center on Health, Physical Activity and Disability (NCHPAD) has curated a playlist of exercise from home videos for kids and adults. It has 32 options for all abilities.

[UNICEF Kid Power from Home](#)

Teachers can stay connected with their students by assigning fun and purposeful Kid Power Up videos for to do from home. Every 30 videos your students watch (collectively) unlocks a packet of therapeutic food that will be delivered to a severely malnourished child in need.

[Yoga Foster](#)

YouTube channel with yoga and meditations in English and Spanish. Each resource includes a lesson plan with discussion questions and take-home assignments.