

## Digital Resources for PE & Health

Most of these Instructional Materials can be used as part of an instructional program for a district or school. Other PE & Health OER resources for individual lesson planning can also be found on our [Nebraska OER Commons hub](#) and can also be used to fill in gaps in curricular content.



Resource (Each with Clickable link)	Age or Grade Level/Type of Resource	Teacher Resource	Student Resource	Health (H)/ PE (PE) or Both (B)
<a href="#">American Heart/Stroke association Youth kits</a>	K – 12/Downloadable PDF Teacher Lessons & resources	YES	NO	B
<a href="#">DAREBEE</a>	K – 12 /Fitness and Nutrition teacher resources	YES	NO	B
<a href="#">Kids Health</a>	6 – 12/Health Resources teachers/ Activities for students, provide direct links	YES	YES	H
<a href="#">NFLplay60 discovery education</a>	K – 12/Lesson for teacher use/digital activity for students, provide a direct link	YES	YES	B
<a href="#">CDC BAM! Body &amp; Mind Classroom Resources</a>	K – 12/Teachers lessons and handouts that could be shared with student/Not a student site	YES	NO	H
<a href="#">CDC KidQuest- learning about disabilities &amp; health</a>	4 – 6 recommended, with modifications K – 12/Designed for use by students but there are links to sites outside the site that should be checked by teachers before assigning	YES	NO	H
<a href="#">TedEds (for all content areas, sorted on the page)</a>	7 – 12/Teachers should assign individually rather than provide the whole list	YES	YES	B
<a href="#">SHAPE America Health.moves.minds</a>	K – 8/Teachers must set up an account	YES	NO	B
<a href="#">New York SHAPE Resources</a>	K – 12/Resources are fine for teachers to use. New items can be added to the folder by anyone at any time so teachers should vet the resources before sending students to the sites	YES	NO	B

<a href="#">Tech tools for SEL</a>	K – 12/Variety of teacher resources	YES	NO	H
<a href="#">Washington Resources</a>	K – 12/List of resources for teachers/Some are already on this list	YES	NO	B
<a href="#">OPEN’s Active Home</a>	K -12/Teacher Resources/Sign-up for free log-in/Read terms of use	YES	NO	PE
<a href="#">SHAPE Nebraska Resources</a>	K – 12/Teacher Resources	YES	NO	PE
<a href="#">Kansas (KAHPERD) Resources</a>	K – 12/Teacher Resources	YES	NO	B
<a href="#">Dynamic PE ASAP - in home PE lessons</a>	K – 12/Lesson for teachers/Do Not have students create accounts	YES	NO	PE
<a href="#">Action for Healthy Kids</a>	K – 12/Lessons for teachers	YES	NO	B
<a href="#">The Wellbeing Partners</a>	COVID-19 Information/Teacher Resource	YES	NO	H
<a href="#">UNMC Ubeats Health Module</a>	6 – 12/Health Modules for learning/You do NOT need to sign up to complete the modules/Provide direct links to the students	YES	NO	H
<a href="#">Walkabouts</a>	PK – 2/Videos with Movement, Use general log-ins and no account creation is required	YES	NO	PE
<a href="#">Playworks PlayAtHome</a>	PK – 5/PDF guide for creating play at home activities/ <a href="#">Youtube Videos</a>	YES	NO	PE
<a href="#">Physical Education TV</a>	K – 12/Videos demonstrating both health information and physical activities for movement	NO	YES	B
<a href="#">PBS/NET Sports video collection</a>	K – 12/Collection of videos for various Sports	YES	NO	PE
<a href="#">Active at Home NY</a>	PK – 12/Lessons and Videos for teachers to use with students	YES	NO	PE
<a href="#">Health Moves Minds</a>	K – 8/Full curriculum materials by grade levels	YES	NO	B

**Follow @SHAPENebraska on Twitter and Facebook for updates and additional ideas.  
#HPEatHome**

[SHAPE America Guidelines for K-12 Online Physical Education](#)

CDC resource: [Learning Heroes](#) has developed *free* resources for kids and parents to support learning at home.

Education Companies providing free resources:

[https://docs.google.com/spreadsheets/u/1/d/1NUKLZN7hGSu1Hzm70kfzBKs-lsSELaEMggS60Bi2O2l/htmlview?usp=embed\\_facebook&sl=1&pru=AAABcPetMPI\\*cJNYfmFG\\_wEpvfr7uD1Kcw&fbclid=IwAR2wpEqNC\\_FH3zTIZYNNnTbUE8eiYKrqYL7XwJEH2kVxLJ4ROBbHTOkEROW](https://docs.google.com/spreadsheets/u/1/d/1NUKLZN7hGSu1Hzm70kfzBKs-lsSELaEMggS60Bi2O2l/htmlview?usp=embed_facebook&sl=1&pru=AAABcPetMPI*cJNYfmFG_wEpvfr7uD1Kcw&fbclid=IwAR2wpEqNC_FH3zTIZYNNnTbUE8eiYKrqYL7XwJEH2kVxLJ4ROBbHTOkEROW)

Commonsense Media reviews apps, games, movies, etc. for what your kids want to watch with families in mind. <https://www.common sense media.org/>

SHAPE America Online Information: <https://www.shapeamerica.org/covid19-resources.aspx>