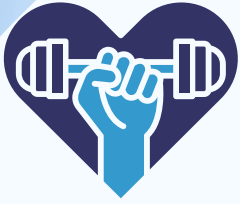


National Physical Fitness



and Sports Month MAY 2026



May is National Physical Fitness and Sports Month. Here are some helpful resources to get your students moving!

- [SHAPE America](#)
- [National Fitness Foundation](#)
- [PE Resource Guide - PYFP](#)
- [Move Your Way® Resources](#)
- [OASH - Materials for Kids and Teens](#)
- [Tools for Teaching PE](#)
- [Fitness Stations - Gopher](#)
- [SHAPE Nebraska](#)
- [NDE - Field Day Guide](#)



The **Presidential Youth Fitness Program** is a nationally recognized program supports schools in helping students build the knowledge, skills, and confidence needed for lifelong physical activity.

- Provides educators with high-quality tools and resources, including health-related fitness assessments, professional development opportunities, and strategies for recognizing student progress.
- Emphasizes personal improvement and healthy lifestyles rather than competition, helping students of all abilities set goals and develop positive fitness habits.

For more information about the Presidential Youth Fitness Program and available educator resources, please visit the program website at [Presidential Youth Fitness Program - Fitness Foundation](#)

Does your school have fitness initiatives you would like to showcase? Email shayla.ruth@nebraska.gov to share your success!