

PE/Health Practice @ Home

Grades : Pre K- 2

Lesson Resources and Examples:

- <https://tomsheehy.wixsite.com/unionelementarype>
- <https://www.mikemorrispe.com/>
- www.pecentral.org

Paper:

- **[Be Active at Home](#) Packet**
- [PE at Home Monthly Calendar Challenge](#)
- [PE Visual Packet](#)
- [PE Learning at Home](#)
- [Exercise BINGO](#)

Digital:

- [Go Noodle Family Account](#)
 - 1000's of FREE Physical Education-Appropriate Physical Activity Videos
 - SEL, Yoga, Dance Videos and more
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- [Move 2 Learn K-2](#)
- [Glenn Higgins Train Like a Superhero](#)
- [Kidz Bop Kids](#)
- [Cosmic Kids Yoga](#)
- [Little Sports](#)
- [Youtube Fitness Videos](#)
- [Movement Apps and Videogames](#)