

Teaching Physical Education Online

Phys Ed at Home Resources:

- <https://www.thepespecialist.com/peathome/>
- <https://openphysed.org/activeschools/activehome>
- [https://www.shapeamerica.org/uploads/pdfs/2020/resources/r2g/Ready to Go Take Home Packet.pdf](https://www.shapeamerica.org/uploads/pdfs/2020/resources/r2g/Ready%20to%20Go%20Take%20Home%20Packet.pdf)

Active for Life is a Canadian not-for-profit social initiative founded by B2ten. We are a national initiative created to help parents give their children the right start in life through the development of physical literacy

<https://activeforlife.com/resource/individual-lesson-plans/>

Thompson Publishing A great Physical Education resource for teachers, parents and students is @ThompsonKto12. Numerous Physical Literacy lessons and videos with cross-curricular links. Check out the attached lessons with the accompanying videos: <http://thompsonbooks.com/kto12/fitness-charts/home/videoslessons/>

PHE Canada <https://phecanada.ca/>

At My Best is a free, curriculum-linked toolkit from PHE Canada that combines physical activity, healthy eating and emotional well-being for students in grades Primary-6 to encourage healthy decision-making <https://www.atmybest.ca/>

Ever Active - Loose Parts Ever Active Schools is a provincial initiative designed to create and support healthy school communities. We engage and support schools through a Comprehensive School Health approach, which addresses health and education goals to improve the social outcomes of children and youth in Alberta <https://everactive.org/>

Recess Guardians Reduce Bullying, and Improve Inclusion Through Active Play

Our free programming builds leadership abilities and encourages a healthy lifestyle. Recess Guardians helps teach youth positive building blocks for their future in a fun, safe and educational environment <https://www.recessguardians.org/>

OPHEA <https://teachingtools.ophea.net/>

SworkIt A variety of kid friendly workouts (strength, agility, flexibility, etc). You can choose how long you want to workout & listen to tunes while you are at it!

<https://app.sworkit.com/collections/kids-workouts>