

PE/Health Practice

Grades : 9-12

Lesson Resources and Examples:

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

Paper:

- [Month of March Health and Mindfulness Calendar / Español](#)
- [Be Active at Home](#)
- [Drop Everything and Move Calendar](#)
- [Flip a Coin Fitness](#)

Digital:

- [40 at Home Fitness Videos](#)
- [Yoga at Home](#)
- [2-Week PE at Home Challenge](#)
- [Health Related Reads and Activities](#)
- [Fitness Video Games](#)
- [Mindfulness for Teens](#)
 - **Free Mindfulness exercises and activities designed for teens**
- [Periodic Table of Body Weight Exercises](#)
- [TeensHealth / En Español](#)