

Physical Education Resources

ActivEd, Inc.:

Grades: PreK-2

ActivEd, Inc. offers Walkabouts, web-based lessons for pre-K to second-grade students that integrate movement with language arts, math, and reading content and correlate to your state's standards.

<http://info.activedinc.com/covid>

Mission2Move:

Physical Education

Grades: PreK- 4th grade

Free access to movement and mindfulness for students. Evidence based program.

www.mission2move.org

GoNoodle:

GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

<https://www.gonoodle.com/>

Healthy & Fun Choices:

Grades: All

A creative community to connect with others from all over the world, while getting to learn about topics that are important to our wellness (social, emotional, physical) through interactive experiences.

www.healthyfunchoices.com