

Classroom Resources for Teachers, Parents, and Kids at Home April 8, 2020

With the recent school closures due to Coronavirus Disease 2019 (COVID-19), we are sharing some of our classroom resources to help teachers, parents, and kids at home. The following resources have been compiled by staff from the New Mexico Public Education Department (PED), Safe & Healthy Schools Bureau, and are intended to help identify online resources to help students stay active and choose nutritious food options during the ongoing schools closures. The list also includes resources for online classroom resources for physical and health education.

PHYSICAL AND HEALTH EDUCATION

SHAPE America: Tips on Teaching PE and Health Ed from a Remote Location from SHAPE America: SHAPE America is dedicated to helping physical education and health education teachers across the country as many schools and school districts are moving to distance learning due to COVID-19. In response, we have created a collection of [resources from SHAPE America and other K-12 health and physical educators](#) to help you continue to provide high-quality, standards-based lessons despite the circumstances. Adapt, repurpose or use the resources provided as you see fit to best meet the unique needs of your students. Be sure to bookmark this page and come back as we will be adding content regularly.

Alliance for a Healthier Generation: This site provides resources for schools, including tools for [physical education and physical activity](#). Free registration required to access these tools, but anyone, including students, families, coaches and community members may access the resources. The site provides videos of physical activities and health snack ideas, fact sheets, and other resources for teachers and families.

Presidential Youth Fitness Program: Information and resources to help students achieve excellence in physical education through quality [fitness education and assessment practices](#), including free instructional videos and ideas for how to keep fit.

Hip-Hop Public Health: The mission of [Hip Hop Public Health](#) is to foster positive health behavior change through the power of hip-hop music. Search for resources using a variety of criteria such as grade level, content area and media type as well as by the National Health and Physical Education Learning Standards and the Healthy Out of School Time (HOST) Standards. Filter and sort by grade level, Health Education National Learning Standards, Physical Education National Learning Standards and Healthy Out of School Time Standards.

The Hospital for Special Surgery (HSS) Sports Safety program and Learning Center. Features [PE classes for Elementary, Middle and High School](#).

Playworks Playbook While developed with the intent of helping schools with creative ideas for playgrounds and recess, the site provides some creative ideas for games and [activities](#) to play with students.

YOUTH SPORTS

Aspen Institute Project Play: During this difficult time, the Aspen Institute's [Sports & Society Program](#) is collecting information on how the outbreak is impacting youth sports, a focus of our [Project Play initiative](#) that helps build healthy communities through sports. We aim to help [parents](#), [coaches](#), [administrators](#), [educators](#) and others in the youth sports ecosystem respond to challenges presented by a virus that has major public health implications. This resource offers a clearinghouse of resources and [considerations for youth sports during the COVID-19 pandemic](#).

Virtual Sports Instruction

Contains a Drill Video Library, Elite Coaching and Online Evaluations (must be a member, there may be a fee). <http://www.virtualsportsinstruction.com/>

PHYSICAL ACTIVITY

[New Mexico NDI](#): is offering free short online YouTube videos that will guide students through fun activities and challenges to get the moving through a series of guided physical activity and dance moves. NDI New Mexico is founded with the knowledge that the arts have a unique power to engage and motivate children. The purpose of our distinctive programs is to help children develop discipline, a standard of excellence, and a belief in themselves that will carry over into all aspects of their lives.

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[Action for Healthy Kids: Resources for Schools and Families During the COVID-19/Coronavirus](#)

A list of online resources including activity and nutrition videos for the family.

[King County Play Equity Coalition](#) Family & Programmatic Resources for School Closure:

Provides a list of Apps, videos, and websites to promote physical activity for kids

[Active for Life, Raising Physically Literate Kids](#): Includes lesson plans, activities and games to engage kids in physical activity.

[GoNoodle](#): Provides free online resources for families to use for physical activity breaks for students, including interactive videos and games that children enjoy.

BAM! Body and Mind Classroom, Resources Provides a set of activity information [sheets](#) for numerous sports kids like to play that help them understand how to play the sport, ideas for improving skills, the types of gear they need, ideas for how to play safe, fun facts about the sports, and links to sport associates for a variety of different youth sports. This resource contains a variety of information and resources for teachers of grades 4-8 to use in the classroom and help students make healthier lifestyle choices, including “Ask a Scientist” Comic Series. Their [When and How to Wash Your Hands](#) page has information on how to properly wash hands and how to properly use hand sanitizer. Download their *free* [Dining Decisions](#) app to help kids make smart food choices. Kids learn how to choose foods based on the Go, Slow, Whoa! categories.



HEALTH EDUCATION

Nutrition

Action for Healthy Kids, Parent Toolkit for Healthy Eating: Feast on these nutrition resources—for use at home or at school—to get your kids or students inspired to eat better and build healthy habits.

Mindful eating is a mindfulness practice that helps children develop a deeper connection with food and begin to create lifelong, healthy habits. It encourages children to focus on the present – noticing thoughts, feelings and physical sensations. Connecting this with the food that fuels our bodies helps children to recognize feelings of hunger and fullness, slow down when eating, better digest and fully enjoy snacks or meals!

Goal setting is a great way to help children build self-confidence and help them create healthy habits. Encourage children to dream big while practicing goal-setting through small, attainable stepping stones to reach a larger focus. Use the SMART goal template to simplify the goal-setting process for children and ask them to think of all of the different things they can achieve and ways they can grow as a healthy and kind human being.

Free Handwashing Lessons: Stay well and share healthy hygiene practices!

For a limited time, ETR is offering free HealthSmart K-12 lessons on handwashing.

[View free lessons and download now.](#)

RESOURCES FOR STUDENTS WITH INTELLECTUAL DISABILITIES

CATCH Inclusive Health Video Series: Best Practices for Inclusion of Kids with Intellectual Disabilities in Physical Activity Sessions. Offers free online videos for children with Intellectual Disabilities, who are less likely than other kids to meet the national guidelines of 60 minutes of moderate-to-vigorous physical activity (MVPA) a day. This series – designed as a professional development or onboarding tool – provides some base knowledge and a handful of best

practices that will help all caregivers feel more comfortable and competent when interacting with and including kids with Intellectual Disabilities in games and physical activity sessions.

VIRTUAL RESOURCES FOR EDUCATORS

Focused Fitness offers WELNET for free for the rest of the 2019-2020 school year. If you're creating a contingency plan for distance learning or need immediate options, Focused Fitness can help. They have FREE WELNET options for those looking to offer remote Physical Education to students. Email FF or call 509-327-3181 ext. 3. Free until July 22, 2020!

The following video has been created to demonstrate the multiple ways that you can use WELNET®, a Physical Education Software Platform to provide movement and learning opportunities for your students. <https://youtu.be/l-2BCLH0zYw>

If your school district **DOES** have WELNET®, please contact your Coordinator and share the modules that would benefit your students. Once we are contacted by your Coordinator, we will turn on the modules you want.

Read SHAPE America's [Guidelines for K-12 Online Physical Education](#)



NPR's [Coronavirus comic](#) for students

Also available in different [languages](#).

Other Online Modules for Distance Learning

[EVERFI](#) Health and Wellness; contact [DuChante Davis](#)

[OPEN's](#) Active Home

[NFL Play 60](#)

[NBA Mindfulness Exercises](#)

[RESOURCES:](#)



[-Darebee workout posters](#)

[-Tips to teach online](#)

[-CDC Handwashing posters](#)

[SPARKeacademy.org](https://www.sparkacademy.org) is the online professional development resource for K-12 physical educators, elementary classroom teachers, early childhood educators, after school program providers, and school health professionals. Access innovative teaching resources through online workshops, free webinars (50 available now), and tutorials. Track professional development hours earned to show your school / district the professional development you participated in while school was closed.

[GUIDANCE FOR SCHOOL SETTINGS REGARDING COVID-19](#)

CDC's Coronavirus Disease-2019 (COVID-19) interim guidance for school settings is posted at: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>.

[New Mexico Out of School Time \(NMOST\) Network](#), is providing tons of resources for keeping children healthy and active and engaged during the COVID-19 closures. Their website provides some of the most up-to-date information about the latest developments in New Mexico on a weekly basis. NMOST is continually updating their website with resources and information regarding statewide meal sites, child care options, and learning activities for the home for children and families affected by the COVID-19 crisis.