

K– 12 Fitness & Wellness Links

Wellness Ideas for Families:

<https://www.purdueglobal.edu/blog/psychology/family-wellness/>

Health at Home:

<https://www.actionforhealthykids.org/blog/?topicfilter%5B%5D=Health+at+Home>

OpenPhysEd– Active at Home:

<https://openphysed.org/>

30 Fun Ways to Get 30 minutes of Activity/Exercise:

<https://www.health.qld.gov.au/news-events/news/30-ways-to-get-active-exercise-fun>

The PE Specialist

(including no-equipment activities, helpful information, and tons of ideas):

<https://www.thepespecialist.com/peathome/>

All SPS students have access to the Video Library and Fitness Modules via WELNET. Login via Clever or at:

<https://www.focusedfitness.org/WELNET/index.php>

CATCH Resources for Parents:

<https://www.catch.org/pages/health-at-home>

DARABEE (thousands of Fitness, Health, Workout Resources for ALL ages)

<https://darebee.com/>

VIDEO RESOURCES

PBS Health and Physical Education Videos:

<https://ksps.pbslearningmedia.org/subjects/health-and-physical-education/>

A Variety of Fitness Video Links:

<https://docs.google.com/presentation/d/1sp0V3jIg2Sg4LpNDUbw168HRrSDpCwboC9ajsXqybZU/edit#slide=id.p>

Cosmic Kids Yoga:

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

BeachBody Kids Workouts:

<https://vimeo.com/showcase/6880106>

Fitness & Wellness Links cont

HEALTH & FITNESS PLANNING AND RESOURCES

FITT Planning for Parents and Students:

<https://www.healthychildren.org/English/healthy-living/fitness/Pages/The-FITT-Plan-for-Physical-Activity.aspx>

Health Education Resources:

<https://www.nih.gov/health-information>

Exercise and Physical Activity Ideas from Health Link BC:

<https://www.healthlinkbc.ca/health-topics/aa165656>

CDC Physical Activity Basics:

<https://www.cdc.gov/physicalactivity/basics/index.htm>

Fitness Links via Shape WA:

<https://www.shapewa.org/online-resources>

OTHER FUN LINKS

NFL Play 60:

<https://aha-nflplay60.discoveryeducation.com/teachers>

NBA Mindfulness Exercises:

<https://jr.nba.com/category/headspace>

Washington Trails Association (find a trail anywhere near you!): <https://www.wta.org/>

Washington State Park Maps: <https://parks.state.wa.us/432/Park-Maps> (parking needs a Discover Park Pass- <https://parks.state.wa.us/167/Discover-Pass>)