



PE Resources EK-4th Grade

[Mr. Holub](#)

*Can organize by grade if desired

Online Resources

PE Central: <https://www.pecentral.org/lessonideas/pelessonplans.html>

Open Phys Ed: <https://openphysed.org/physical-activity>
<https://openphysed.org/physical-education>

Peloton App: at home workouts for free that can be done with or without equipment.
Look in your app store!

NFL play 60: <https://aha-nflplay60.discoveryeducation.com/>

Twitter: #HPEatHome type in the hashtag and see tons of PE and Health teachers from all over providing innovative ideas about how to stay active at home!

Activity Ideas

Throwing and catching skills
Fitness activities
Striking activities (kicking, bats, hockey sticks, rackets, etc.)
Dances/ rhythms
Sensory walk
Create a game using the above skills

See above links which will provide ideas on how to accomplish ideas.

