



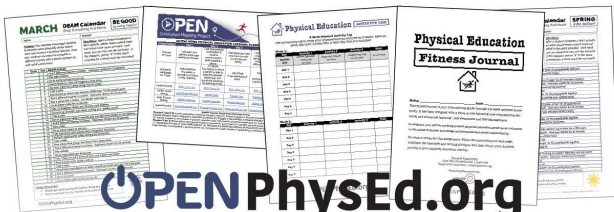
*The following links and resources that I have been gathering the past couple days are from our Amazing PhysEd community from around the Globe. Please make sure if you share a document that you please give credit to those people who contributed the resources.*



**Created by Pete Charette**

**Twitter @CapnPetesPE**

**[Click Here](#) for Home Activity PE Visual Packet**



**OPEN PhysEd.org**  
**HOME PE CURRICULUM SOLUTIONS**

**Free Online Physical Education Network**

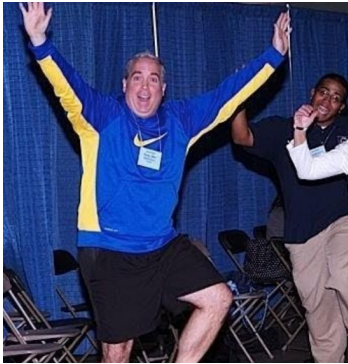
**Website <https://openphysed.org/>**

**[Click Here](#) for Home PE Curriculum PDF**



**Shape Washington**

**[Click Here](#) for At Home Resources**

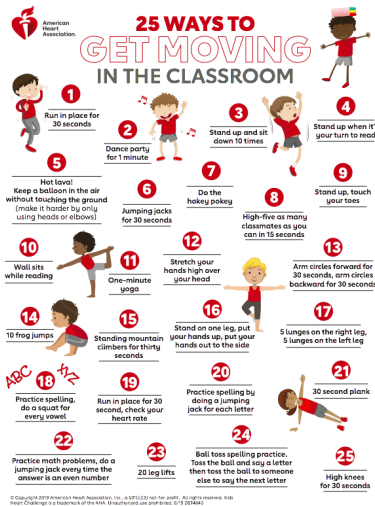


## Kevin Tiller “Fitness Calendars”

Twitter [@physedreview](#)

Websites [Phys Ed Review](#) [West PE with Mr. T](#)

[Click Here](#) for Monthly Fitness Calendars



## E Learning Break Resources

What’s Included: Fitness Workouts, Tabata Workouts, Would you rather, Cross Curricular, Mindful Minute, and Dance

[Click Here](#) for these E Learning Resources

## Jefferson Physical Education

















Twitter [@MrGardner\\_JPS](#) [@Mr\\_SBairPE](#)

[Click Here](#) for Daily Fitness Activities



Note: All of the below are ready to use in the gym!! Use whole class w/ a projector or some may be able to be used in stations with devices.

## VIDEO SETS

 <b>Darebee Workout</b> You've seen the workouts! This offers full video of entire workout to easily follow the workout. 33 videos.	 <b>Let's Dance</b> - Ben Pirillo Ben's legendary videos range from light to vigorous activity, from seated to tons of movement.
 <b>Super Seven</b> - Kevin Tiller Seven skill based challenges using a variety of equipment available in most gyms!	 <b>Dance It Out</b> - Ross Chakrian Designed specifically for K-2, these are easy to follow and great to get younger students moving and grooving!
 <b>Physical Activity Videos</b> - Kevin Tiller This set includes a number of "Would You Rather" videos and fun videos like the "Cha Cha Slide" with a basketball.	 <b>Jump Rope Skills</b> - Ross Chakrian These "Jump Rope Skills to the Beat" are a terrific way to teach jump rope skills.
 <b>PhysEd School</b> - Kevin Tiller From Scavens to Noodles, this 16 video playlist covers many activities, plus locomotor skills and pathways.	 <b>Themed HIIT Workouts</b> - Glenn Higgins Glenn Higgins Fitness brings us workouts from Spiderman to the Avengers!
 <b>Agility Ladders</b> - Matt Pomeroy 40 outstanding videos using agility ladders. Includes slow motion to improve the learning.	 <b>Southdown PE Physical Snacks</b> - Lynn Hefele Physical snacks videos with students provide quick movement boosts.
 <b>Minute to Win It Timers</b> - over 300 different timers! <b>Minute to Win It Challenges</b> 108 challenges explained	 <b>PE Physical Snacks and HIIT Workouts</b> - combines the 2 above resources into one file.
 <b>Throwing Targets</b> - Many Contributors Videos can be used for overhand throw skill development and in other creative ways.	 <b>You Choose Student Choice</b> - Awesome activities from Eric Turnill
 <b>Projector Activities</b> - Drew Burris Drew offers a variety of creative videos to get kids moving.	 <b>Student Choice Videos</b> - Awesome activities from Mike Ginicola

Check out [cbhpe.org/projector](http://cbhpe.org/projector) for tons of additional ready-to-use projector activities.

## Rock Star Cast of PE Video Sets

Twitter [@CoachFoe](#) [@foes4sports](#)  
[@physedreview](#) [@CoachPirillo](#)  
[@GH\\_Fitness](#) [@projectphysed](#)  
[@Physed\\_Pomeroy](#) [@darebees](#)  
[@Mr\\_C\\_PE](#) [@RHEPE1](#) [@LynnPreble](#)

[Click Here](#) for Video Sets

## Dance Videos

Twitter [@BrooklynDreamer](#)  
[@JrV4Victory](#)

[Click Here](#) Brandon Herwick  
[Click Here](#) Victor Spadaro Jr.



## Health/Fitness Templates and Printables

[Click Here](#) for Templates and Printables  
[Click Here](#) for Projector and Stations

**DAREBEE**



Welcome to DAREBEE, an independent global fitness resource. DAREBEE is a non-profit and also an ad-free and product placement-free website. All of the information here has been thoroughly researched and tested and provided free of charge. You can download and print anything – everything is provided in its entirety with no strings attached.

[Click Here](#) for Website



**PE Central is a web site that provides information about developmentally appropriate physical education practices and programs.**

[Click Here](#) for Website



**Easy P.E. TV**  
450 subscribers

**EASY PEASY**



**The PE Chef**

[Click Here](#) Muscular Strength vs. Muscular Endurance video Google Form