

## **RESOURCES FOR TEACHING PHYSICAL EDUCATION ONLINE**

The Connecticut Association of Schools has compiled this resource list to assist Connecticut school physical education departments and teachers during the coronavirus shutdown. This list of resources should be used in conjunction with the district's curricular goals and philosophy of physical education and wellness. Teachers should review each site and use in accordance with their school district's guidelines for online education.

Be aware that, as with many online sources, these links may include advertising.

In keeping with cautionary guidelines for the coronavirus, the activities herein can be done individually and at home. We have tried to find resources for children of a variety of ages.

If you have comments or have other resources to share, please contact Joe Velardi at [jvelardi@casciac.org](mailto:jvelardi@casciac.org).

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### **GENERAL GUIDELINES**

1. SHAPE America Guidelines for Teaching Physical Education Online:  
<https://www.shapeamerica.org/uploads/pdfs/2020/guidelines/Online-PE-Guidance-Document.pdf>
2. Using Google to Teach Online: <https://edu.google.com/openonline/edukit/quickstart.html>

### **BIKING**

1. AAA Bicycle Safety and Skills: <https://exchange.aaa.com/safety/bicycle-safety/riding-skills-tips/#.Xnt7lxdKjVo>
2. National Highway Traffic Safety Administration:  
<https://one.nhtsa.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/index.htm>
3. National Safety Council:  
<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/bicycles>
4. High Intensity Workouts for Cycling:  
<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/bicycles>
5. Stationary Bike Workouts:  
<https://www.self.com/story/4-ways-to-turn-the-stationary-bike-into-a-fat-burning-machine>
6. Exercise Bike Workouts: <https://www.coachmag.co.uk/equipment/exercise-bike/4109/stationary-bike-workouts>
7. Stationary Bike Workouts for Beginners:  
<https://www.verywellfit.com/stationary-bike-workout-for-beginners-1230779>

## **WALKING**

1. National Highway Traffic Safety Administration: <https://www.nhtsa.gov/road-safety/pedestrian-safety>
2. Runner's World, Walking and Running Safety: <https://www.runnersworld.com/training/a20847492/walking-safety/>
3. Treadmill and Walking Workouts: <https://www.prevention.com/fitness/a20504504/14-walking-workouts-to-burn-fat-and-boost-energy/>
4. Benefits of Walking: <https://www.consumerreports.org/exercise-fitness/benefits-of-walking/>

## **MOVEMENT**

1. 87 Energy-Busting Indoor Activities for Kids: <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>
2. 49 Fun Indoor Activities for Kids 2-4: <https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>
3. Movement Activities for Elementary Kids: <http://www.kellybear.com/TeacherArticles/TeacherTip69.html>
4. 10 Music and Movement Activities for Kids: <https://www.atlasmission.com/blog/10-music-movement-activities-energize-preschooler/>

## **HOME FITNESS WORKOUTS**

1. Beginner body weight workout: <https://www.nerdfitness.com/blog/beginner-body-weight-workout-burn-fat-build-muscle/>
2. At Home Workouts: <https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises/>
3. Home Workouts from Men's Health: <https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home/>
4. Home Exercises: <https://makeyourbodywork.com/how-to-exercise-at-home/>
5. Quinnipiac University online video workout resource: <https://www.youtube.com/user/bpatel515/videos>

## **JUMP ROPE**

1. How to Jump Rope: <https://www.crossrope.com/blog/how-to-jump-rope/>
2. 15 Fun Jump Rope Tricks: <https://www.crossrope.com/blog/15-fun-jump-rope-exercises-to-boost-your-jump-rope-workouts/#2>
3. Men's Health, HIIT Jump Rope Routines: <https://www.menshealth.com/fitness/a19663988/best-hiit-workouts-jump-rope/>
4. Jump Rope Songs and Rhythms: <https://www.verywellfamily.com/old-fashioned-jump-rope-rhymes-1696145>
5. List of Jump Rope Rhymes: <https://buyjumpropes.net/resources/jump-rope-rhymes-songs-buyjumpropesnet/>

## **HULA HOOPS**

1. 10 Best Hula Hoop Tricks: <https://www.youtube.com/watch?v=m-ZY2WHUU1M>
2. 10 Hula Hoop Tricks for Beginners: <https://thehulahoopinstitute.com/2016/10/hula-hoop-tricks-for-beginners/>
3. Beginner Hula Hoop Tricks: <https://rubyhooping.com/category/hula-hoop-tricks/>

## **YOGA**

1. Yoga for Kids: <https://yogawithadriene.com/yoga-for-kids/>
2. Yoga Videos for Young Kids: <https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>
3. Yoga Poses for Teenagers: <https://www.tummee.com/yoga-sequences/yoga-sequence-for-teens-introduction>

## **DANCE**

1. Louisville Ballet: Dance at Home: <https://read.bookcreator.com/dSvos3pfvaZxwVieZyxDwQdLuOv2/BGJhvN7LS3ConxK3NI2ALw?fbclid=IwAR07UVGIAYI2UzSJQoApld4JGvdX0IER5XG3UIKZ6zUGaqdMiAqIAFQnZ08>
2. Learntodance.com: <http://www.learntodance.com/>
3. Dance/Workout videos: <https://www.refinery29.com/en-us/best-at-home-dance-workout>
4. Tik Tok Dances to Learn at Home: <https://www.thecut.com/2020/03/tiktok-dances-to-learn.html>

## **RUNNING/JOGGING**

1. Runners World: Find a training plan: <https://www.runnersworld.com/uk/training/a764521/find-a-training-plan/>
2. NY Times: “How to Start Running” <https://www.nytimes.com/guides/well/how-to-start-running>
3. Nike: Nike Running Training Plans <https://www.nike.com/running/training-plans>
4. Global Triathlon Network: “How To Start a Running” Video: <https://www.nike.com/running/training-plans>
5. Proper Running Form Video: <https://www.youtube.com/watch?v=NhXSuykIE48>
6. Running Technique Video: <https://www.youtube.com/watch?v=NYjw5woEMIA>

## **GOLF**

1. Golf Drills to do at home: <https://golfsideruk.com/practice-golf-home/>
2. 10 Indoor Drills to Do at Home: <https://www.golf.com/instruction/2020/03/16/indoor-golf-drills-video-list/>
3. Golf Practice Drills for Indoors this Winter: <https://nickfoygolf.com/winter-golf-practice-drills-to-use-at-home/>
4. Top Ten Golf Drills: <https://golf-info-guide.com/golf-tips/golf-drills/top-10-golf-drills-ever/>

## **BASEBALL/SOFTBALL**

1. 4 Quick, Easy Drills to Do At Home: <https://www.2018youthbats.com/blog/4-quick-and-easy-youth-baseball-drills-at-home>
2. 5 Youth Hitting Drills You Can Do At Home: <https://phoenixbats.com/blog/5-youth-baseball-hitting-drills-you-can-do-at-home/>
3. Baseball Drills Kids Should Be Doing Inside: <https://baseballcoaching.tips/indoor-baseball-drills-kids-should-be-doing/>
4. Baseball Drills You Can Do At Home: <https://www.ciscoathletic.com/blog/baseball-drills-you-can-practice-home/>
5. Hitting Drills Your Players Can Do Anytime: <https://www.baseball-tutorials.com/hitting-baseball-drills-for-home/2024/>

## **BASKETBALL**

1. Fun Basketball Games to Play Alone:  
<https://www.sportsrec.com/fun-basketball-games-play-yourself-6737248.html>
2. 100 Basketball Training Drills: <https://www.breakthroughbasketball.com/drills/basketball-drills-players.html>
3. Individual Basketball Drills:  
<https://www.noahbasketball.com/noah-basketball-shooting-drills-individual-basketball-shooting-workouts>

## **SOCCER**

1. 100 Individual Soccer Drills: <https://www.youtube.com/watch?v=z7jP3moQI9c>
2. Elite Soccer Drills for Kids:  
<https://mypersonalfootballcoach.com/elite-soccer-drills-for-kids-individual-soccer-practice/>

## **TRACK AND FIELD**

1. Track Drills to Make You Go From 0 to 100: <https://www.youtube.com/watch?v=SY2jZiPB1QY>
2. 4 Fun Track Workouts for Beginners:  
<https://www.active.com/running/articles/4-fun-track-workouts-for-beginners>
3. Simple Running Drills You Can Do Anywhere:  
<https://strengthrunning.com/2011/07/5-simple-running-drills-you-can-do-anywhere/>

## **TENNIS**

1. Tennis Drills for Beginners:  
<https://tenniscompanion.org/12-essential-tennis-drills-for-beginners-and-kids/#running-the-lines>
2. 16 Tennis Drills for Beginners: <https://teamsportsmania.com/tennis-drills-for-beginners/>
3. 1000 Free Tennis Drills for Coaches and Parents:  
<https://www.sportsmomssurvivalguide.com/tennis-coaching-drills-pro/>

## **CONNECTICUT DISTRICT RESOURCES**

CREC Schools: <https://drive.google.com/file/d/1Yi0BXgOpWZcFG2gZAdssqEjNxPJfDAFF/view>



## **SPECIAL NEEDS STUDENTS**

*Here is info about the Fit Five Facebook group through Special Olympics...*

*As we all continue to navigate the effects of COVID-19 on our lives, we'd like to offer you a way to stay active, healthy and connected with our Special Olympics CT community - through the SOCTFit5 Facebook Group! The Group page will offer daily fitness activities to do at home, a fitness challenge we'll begin next week and resources such as exercise videos, stress-management strategies and nutrition and hydration information. There will also be a few guest appearances!*

1. Special Olympics, School of Strength: <https://www.specialolympics.org/school-of-strength>
2. Special Olympics, Fit 5: <https://resources.specialolympics.org/health/fitness/fit-5-page>