

# PE Resources

By: PS 44 Physical Education Teachers



PS 44 Physical Education Facebook Page

<https://www.facebook.com/PS-44-Physical-Education-12819560367310/>



## Variety of FREE Physical Fitness Videos

Make sure you view video first to see if it is age appropriate.

### GoNoodle | Get Moving on YouTube

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>



# AHA 25 Ways to get moving at home

<https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic>



**American  
Heart  
Association®**

# Activities for Kids and Families

<https://activeathome.nyrr.org/rnyrr-familyresources/>



# May 2020 Activity Calendar

<https://www.shapeamerica.org/uploads/pdfs/2020/calendar/May-2020-Elementary-Calendar-English.pdf>





By Reebok

**Each weekday at 12 pm EST BOKS will be hosting at-home BOKS classes through Facebook LIVE.**

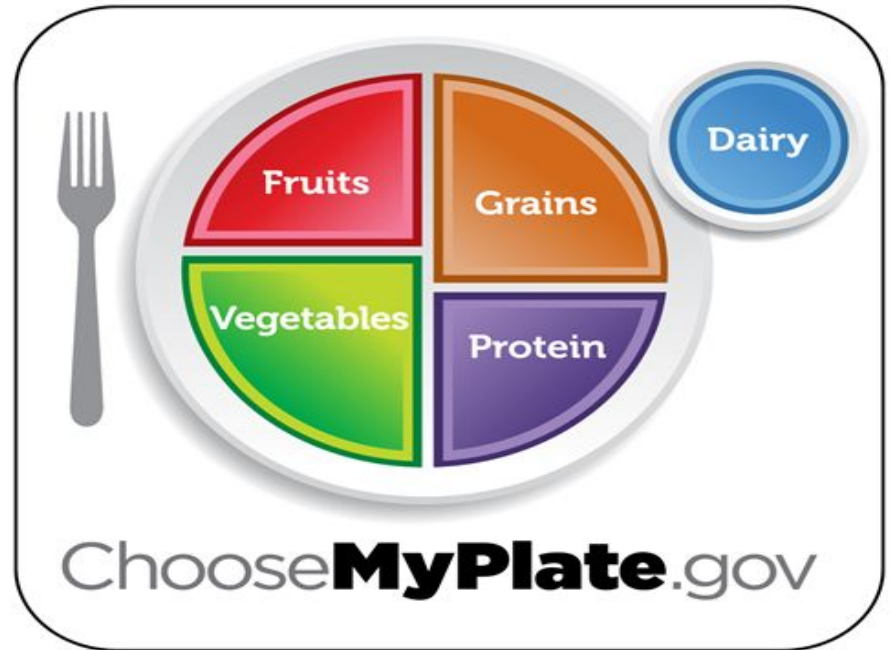
Please visit <https://www.facebook.com/boks/> to tune into our live workouts. There will also be a recording of these listed on this page.



# U.S. Department of Agriculture (USDA)

<https://www.choosemyplate.gov/>

- MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters.
- Eat Healthy
- Drink a lot of water



# Cooking Videos & Recipes

<https://www.commonbytes.org/#!/videos-filter?cld=1>

<https://www.commonbytes.org/#!/recipes>





# Music and Dance Tracks

<https://hhph.org/repository/>

[Wash Your Hands Everybody Video](#)

