

The resources below are offered as at-home resources to support teachers and students in physical education. They were curated in collaboration with the [LAHPERD](#) (Louisiana Association for Health, Physical Education, Recreation and Dance).

The Louisiana Department of Education takes student privacy and security seriously. Both are important considerations when using any online service, including those provided in this document. School systems should take this into consideration and parents should use discretion when selecting resources. School systems should refer to the [Privacy and Security Guide](#) when making decisions regarding distance learning.

Physical Education Resources:

- [Active Home](#): games and calendars for parents and families to use to make their home an active home as well as resources to help teachers and parents partner as they work together to provide meaningful movement opportunities that progress students toward physical education and social & emotional learning outcomes.
- [Go Noodle](#): movement and mindfulness videos created by child development experts.
- [Hip Hop Public Health](#): interactive multimedia resources that engage youth while equipping them with the knowledge and tools they need to make healthy choices.
- [Fluency and Fitness](#): students review essential K-2 reading and math topics while providing a movement break.
- [Cosmic Kids Yoga](#): yoga and mindfulness activities for kids.
- [Fitness Blender](#): full-length and customize-able fitness videos with a variety and health and wellness resources. Great for adults but also high school students.
- [Brainpop](#): learning activities and videos across the curriculum including health and social-emotional learning.
- [Keeping Kids in Motion](#): monthly fitness challenges that can be done at home with the whole family.
- Additional updates can be found at LAHPERD's social media ([facebook](#), [twitter](#), [instagram](#)).