



Unified Fitness

Because of many restrictions with team sports and distancing guidelines, be creative with sport and fitness engagements! The resources below can be used to engage students to stay active, even with physical distancing.



School of Strength

[School of Strength Platform](#): School of Strength is a video workout series for individuals of all abilities.

Fit 5

Fit 5: [Fit 5 Resources Series](#): The Fit 5 Guide, Fitness Cards, and Fitness videos have been valuable resources for Programs looking to expand their fitness programming and initiatives.

Staying Fit @ Home BINGO

[Staying Fit at Home BINGO](#): Staying Fit at Home can be FUN with BINGO! The boards are filled with links to workouts and other exciting activities.

Hip Hop Health

[Hip Hop Public Health: HYPE at Home](#) - Make online lesson planning easy and search through all of our free research-based resources by grade level and content area. You can also sort through our resources by the National Health and Physical Education Learning Standards and the Healthy Out of School Time Standards.

BOKS @ Home

[BOKS at Home](#) - Now, more than ever, kids need their endorphins and families and educators need our support. The BOKS team has created a central landing page of resources for communities around the globe to stay healthy and active.

Playworks

[Playworks: Play at Home](#) - Kids need play to stay active and engaged with one another, and to support families and teachers. We want to share our expertise to help keep kids engaged in play during this time.

Take a look through the [Special Olympics Fitness Guide for Schools](#) and the [Unified Physical Education Resources](#) to see if any activities could be useful to you and adaptable in your teaching/learning environment.

