

Alternative Methods of Instruction



**PHYSICAL EDUCATION AND ACTIVITY RESOURCES
FOR TEACHERS AND PARENTS**



VISIT [**HTTPS://BIT.LY/ARCSHCOVID**](https://bit.ly/ARCSHCOVID)
FOR ADDITIONAL RESOURCES

COVID-19 updates



MAINTAINING A HEALTHY LIFESTYLE

During this time of change, children and adults alike need fun and engaging activity that uses all the major muscles of the body. Movement boosts mood, promotes better sleep, and helps with stress reduction. Setting time aside throughout the day for play or physical activity will help children deal with the stress of not being in the routine of school. Resources are categorized into three sections: active home, curriculum and instruction for teachers, and teacher for teacher resources.

Links to updates from the Arkansas Department of Health, Office of the Governor, and Arkansas Department of Education are included along with UAMS, AR Children's Hospital, and Centers for Disease Control and Prevention.

COVID-19 updates



IMPORTANT LINKS TO STAY INFORMED

[Arkansas Department of Health](#)

The Arkansas Department of Health has been designated as the lead agency in coordinating information and response to the virus.

ADH Coronavirus Hotline: 1-800-803-7847

[Updates from Governor Hutchinson](#)

The State of Arkansas is proactively responding to an outbreak of COVID-19.

State and Federal health officials urge social distancing, good hand hygiene, covering coughs and staying home if you are sick.

[UAMS FREE 24-Hour Online Screening](#)

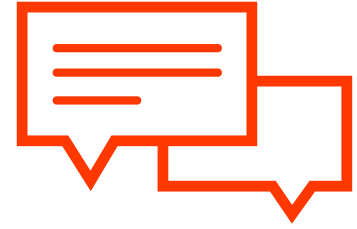
By answering a series of questions about your symptoms, age, overall health and travel, this screening will provide you with ways to access more information if needed.

[Arkansas Children's Hospital](#)

For patients less than 18 years old, call 1-800-743-3616 to speak with an Arkansas Children's pediatric nurse. Nursing staff will be available for questions and phone screenings 24 hours a day, seven days a week.

[CDC - Tips for Parents While School Is Out](#)

COVID-19 updates



IMPORTANT LINKS TO STAY INFORMED

[Guidance for Schools Regarding COVID-19](#)

Arkansas Department of Education's resource page for information regarding COVID-19 and issues that affect schools.

[Guidance for Schools Regarding COVID-19 - Commissioner's Memo](#)

Announcements for schools that will be updated as needed.

[Division of Elementary and Secondary Learning - AMI Guidance for Schools](#)

DESE and Arkansas PBS have partnered to support teachers, families, and students by providing Arkansas AMI Learning Guides associated with PBS educational programming. Beginning March 30, Arkansas PBS will alter its regular television programming to provide age-appropriate educational content for three specific grade bands (PK-2, 3-5, 6-8). The Arkansas AMI Learning Guides have been developed to support home-based instruction in association with the PBS educational television programs to promote activities that students and families may use to practice existing skills, learn new topics, and interact with one another in a meaningful way.

Active Resources for Home



Activities for Parents and Students to stay active at home

For ALL

'Burp it On for Families and Individuals

For Preteens and Teens

The Phys. Ed. Depot *CLEAN* TikTok Dance Challenges

Hip Hop Public Health Dance Breaks

HomeCourt

Darebee

For Younger Children

GoNoodle (K-2)

WalkAbouts (PreK-2nd)

Sanford *fitBoost* (PreK-2nd)

Sanford *fitHealth* (PreK-2nd)

PE Activities @ Home (K-2nd)

KidsQuest Superhero Adventure (K-3rd)

Hip Hop Public Health comics and music videos (K-3rd)

Active Resources for Home



YouTube Videos

Activity and Fitness

Sit Down, Stand Up Song (PreK-2nd)

The P.E. Chef (Adaptive PE, PreK-1st)

Cosmic Kids Yoga (PreK-1st)

Glen Higgins Fitness (2nd and up)

Mike Ginicola The Phys Ed Depot (All)

Cha-Cha Slide Plank Challenge (2nd and up)

Bring Sally Up Plank Challenge (2nd and up)

Cupid Shuffle Plank Challenge (2nd and Up)

Try hi-lo planks instead of mountain climbers

Informational

Brain Bites (elementary)

Doc Mike Evans (secondary)

Instructional Resources for Teachers



Curriculum and Instruction Resources

SHAPE America online content and guidance

Check out the new take-home packet resource on the right side of the opening page.

WELNET

SPARK Physical Education

Create a free account, visit “Course Catalog” and select SPARKhome (free)

OPEN Physical Education

CATCH Health at Home

Special Olympics

The PE Project

PE Central

These are just a few highlights of physical education and activity organizations that are offering free resources during this time.

Instructional Resources for Teachers

Teachers Helping Teachers

#HPEatHome



West PE with Mr. T

Mt. Carmel Physical Education

HPEatHome

The Physical Educator

Literature Enhanced Physical Education

Jenny Horowitz

The Phys.Ed. Depot

Michael Ginicola

TeachPhysEd

FACEBOOK GROUPS for PHYSICAL EDUCATION and HEALTH

**I Tweet Physical Education
PE Teacher Community
PE Central**

Adapted PE Specialists

**Physical/Fitness Education for Middle and High School
Elementary PE Teachers (Admins are from Arkansas!)**

Secondary PE - A PE Central Group

**Using Technology in Physical Education: New
Keeping Kids in Motion**

**Online School Closure Educator Support for PE
Everything Elementary P.E.!**

Global PyhsEd

**NYC DOE Physical Education Teachers ONLY (can join)
SHAPE Arkansas**

**Health Educator's Forum
Health Teacher Central**

These groups are a wealth of knowledge!

Arkansas Students

WE SPEAK!

FUN

STRENGTH

HOPE

JOY

LOVE

FAMILY

HAPPINESS

FUTURE

HEALTH

ADVENTURE

KNOWLEDGE

FRIENDSHIP

My Reason to Write.

POEM • ESSAY • LYRICS

Describe the ways you can live tobacco- and nicotine-free.

Make your voice heard loud and clear. Challenge friends to join the conversation!

What inspires you to be nicotine- and tobacco-free? Share your words of power.

Entries must be submitted by mail, email, or to the website by 5 p.m. on Friday, April 10, 2020 to the following:

Mail: Laura Taylor
Arkansas Children's Hospital
1 Children's Way, Slot 669
Little Rock, AR 72202

Email: taylorlb@archildrens.org

Website: projectpreventar.org

ESSAY ENTRIES

Grades 2-3: 200-300 Words
Grades 4-6: 300-450 Words
Grades 7-8: 450-750 Words
1st, 2nd & 3rd Place Awards

LYRICS/POETRY ENTRIES

Grades 2-3: 100-150 Words (two verses & a chorus/lyrics)
Grades 4-6: 100-150 Words (two verses & a chorus/lyrics)
Grades 7-8: 100-150 Words (two verses & a chorus/lyrics)
1st, 2nd & 3rd Place Awards

HOW TO ENTER

Beginning **January 6, 2020**, students may submit their entries at projectpreventar.org. Entries must be received **before Friday, April 10, at 5 p.m.** Learn more at projectpreventar.org.



[facebook.com/ProjectPreventAR](https://www.facebook.com/ProjectPreventAR)



[@ProjectPreventAR](https://www.instagram.com/ProjectPreventAR)

