

Health and Physical Education Online Learning Modules

March 2020

Grade	Health Education	Grade	Physical Education
	SmokeScreen Game	K-12	DAREBEE
6-12	Clearing the Vapor	K-12	American Heart/Stroke Association
6-12	https://kidshealth.org/	K-12	https://www.gonoodle.com/
K-12	https://www.commonsemmedia.org/	K-12	NFLplay60 discovery education
K-12	https://www.cdc.gov/healthyschools/bam/teachers.htm	K-12	JrNBAHeadspacemindfulness
K-12	https://www.cdc.gov/ncbddd/kids/index.html		
K-8	SHAPE America Health.moves.minds		
K-12	EverFI Wellness Matters		

- EverFI offers 9 health and wellness modules at no-cost.

Offer from Focused Fitness (WELNET)

Many of you are creating contingency plans in the event of school closures and are looking for PE resources that provide students with physical activity opportunities that can be done outside of school and that meet PE standards. We have options we would like to provide you and your teachers.

The following video has been created to demonstrate the multiple ways teachers can use WELNET® to provide movement and learning opportunities for their students. <https://youtu.be/l-2BCLH0zYw> [youtu.be]

If your school district does **NOT** have a module shown in the video above, but would like to have it for distance learning with your students, please contact me and I will have it turned on for the remainder of this school year for free. To be 100% clear, there will be no charge to your school district for any modules you would like to use for distance learning for the remainder of this school year. We will turn off the modules at the end of the school year.

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We are providing four free webinars to share how WELNET® can meet your distance learning needs. Please select a link below for the date that works best for you and also please share this email with your teachers. Each webinar can hold 100 participants.

1. March 12 @ 1pm PDT/4pm EDT – <https://zoom.us/meeting/register/vpYtdumgqzwqdCqT0DUgKYMWRIZ-uZKz9w> [zoom.us]
2. March 13 @ 11am PDT/2pm EDT – <https://zoom.us/meeting/register/upAudOmpqijlLO9cKog5K4JRZcrv18MPyA> [zoom.us]
3. March 17 @ 2pm PDT/5pm EDT – <https://zoom.us/meeting/register/uJYtf-yppjopD3g4JGygKsiRAy1KzkpSMg> [zoom.us]
4. March 19 @ 3:30pm PDT/6:30pm EDT – <https://zoom.us/meeting/register/tJlIfu6srz0u61pmt3Kbnc8D1ZV0yGG7w> [zoom.us]

As always, we are here to support you to the best of our ability. Please email support@focusedfitness.org, call 509-327-3181 ext. 2 or use the Chat feature if you need WELNET® support. Please email me directly if you want a module or more turned on for free and please take care of yourself.

Ron

Ron Malm
COO



FOCUSED FITNESS

[\[focusedfitness.org\]](https://focusedfitness.org)

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