

Spokane Schools Fitness & Health/Wellness Links

Wellness Ideas for Families

Tips to Improve Family Wellness	https://www.purdueglobal.edu/blog/psychology/family-wellness/
Healthy Activities to Do at Home	https://www.actionforhealthykids.org/blog/?topicfilter%5B%5D=Health+at+Home

Websites with a Variety of Fitness & Health Ideas

OpenPhysEd- supplemental curriculum with many ideas for K-12 Fitness on their Active Home page	https://openphysed.org/
WELNET- All SPS students have access to all of the modules and videos. Login via Clever or link	https://www.focusedfitness.org/WELNET/login.php
DARABEE- Quick workouts with awesome visuals for Fitness, Wellness, Nutrition, Yoga, for all ages	https://darebee.com/
SHAPE America Resources	https://www.shapeamerica.org/covid19-resources.aspx

SPS Teacher Pages- *Check back for new updates each week!*

Shadle Park HS Physical Education Page	https://shadlepe.weebly.com/
Chase Middle School Videos	https://safeYouTube.net/w/4TI4 https://safeYouTube.net/w/xrAA https://safeYouTube.net/w/ItAA https://safeYouTube.net/w/5uAA https://safeYouTube.net/w/nvAA
Mr. Balfour's (Ridgeview) Virtual Gym	https://safeYouTube.net/w/jBl4
Garfield Grizzly PE	https://sites.google.com/view/garfieldgrizpe/home
Linwood Lions Fitness Videos	https://safeyoutube.net/w/Ofr3 https://safeyoutube.net/w/rgr3
LC YouTube Channel	https://www.youtube.com/channel/UCI7EPzjZk9JIWdJXv4L-uQA/ (this links to YouTube- individual videos can be run through safeyoutube.net)

Other Video Resources

PBS Health & PE Videos	https://ksps.pbslearningmedia.org/subjects/health-and-physical-education/
Cosmic Kids Yoga	https://www.cosmickids.com/

Other Links

Health Education Resources	https://www.nih.gov/health-information
Wide Open School Resources for Educators and Families	https://wideopenschool.org/
FITT Planning for Families	https://www.healthychildren.org/English/healthy-living/fitness/Pages/The-FITT-Plan-for-Physical-Activity.aspx
Action for Healthy Kids	https://www.actionforhealthykids.org/
NFL Play 60	https://aha-nflplay60.discoveryeducation.com/teachers
NBA Mindfulness Exercises	https://jr.nba.com/category/headspace/

Super Hero Fitness Resources

Work Out Like an Avenger- Links to Super Hero Workouts	https://bit.ly/3dUCQGo
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