

Resources for Keeping Kids Moving at Home

- [ACTIVE FOR LIFE ACTIVITIES FOR KIDS](#)
Backyard games that build physical literacy
- [ALLIANCE FOR A HEALTHIER GENERATION KEEPING KIDS PHYSICALLY ACTIVE AT HOME](#) and [FITNESS BREAKS](#)
Ideas for keeping kids active, including guided videos hosted by pro athletes
- [BOKS AT HOME](#)
Resources to stay healthy and active while schools are closed, including daily Facebook Live classes
- [DC SCORES #SCORESATHOME](#)
Soccer - and writing! - activities for grades 3-8
- [HIP HOP PUBLIC HEALTH H.Y.P.E. AT HOME](#)
Videos, comics, and music to lead dance breaks
- [HOSPITAL FOR SPECIAL SURGERY SPORTS SAFETY LEARNING CENTER](#)
Online P.E. classes for grades 3-5, 6-8, and 9-12
- [KING COUNTY PLAY EQUITY COALITION FAMILY & PROGRAMMATIC RESOURCES FOR SCHOOL CLOSURE](#)
Apps, videos, and websites to promote physical activity for kids
- [NICK HELPS](#)
An updating library of video resources and activities for children
- [PLAYWORKS PLAY AT HOME](#)
Games and live-streamed recess sessions
- [POSITIVE COACHING ALLIANCE LIFE IS A TEAM SPORT](#)
Resources for coaches, including a free 60-minute course for athletes 12-18
- [RISING NEW YORK ROAD RUNNERS STAY ACTIVE AT HOME](#)
Activity guides for students, parents, and PE teachers
- [SPORTSENGINE AT HOME FAMILY HEALTH & FITNESS](#)
Sport-specific drills, ideas for physical activity, and parent resources to be done at home
- [TEAMSNAP HOW TO TRAIN AT HOME](#)
At-home workouts and resources
- [UP2US SPORTS #UP2USSPORTSATHOME](#)
Resources and trainings for youth sport coaches
- [US SOCCER FOUNDATION SOCCER FOR SUCCESS AT HOME](#)
Weekly short video sessions for kids to learn soccer skills
- [USTA NET GENERATION TENNIS AT HOME](#)
Tennis skill-building and exercise videos