

Physical Activity for Child Care and Home: Stay Happy, Fit, and Busy

RESOURCE LIST

Active for Life - <https://activeforlife.com/>

Appropriate Movement Practices for Children Ages 3-5 -
http://www.beactivekids.org/assets/pdf/NASPE_Appropriate-Movement-Practices-3-5.pdf

Bari Koral - <https://barikoral.com/>

Be Active Kids - <http://www.beactivekids.org/>

Be Active Kids YouTube - <https://www.youtube.com/BeActiveKids/>

Diane Craft Active Play Books - <https://activeplaybooks.com/>

Go Noodle - <https://www.gonoodle.com/>

Healthy Kids, Healthy Futures - <https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/resources/>

Inspired Treehouse - <https://theinspiredtreehouse.com/>

The Kinetic Classroom - <https://www.lynnekenney.com/the-kinetic-classroom/>

Learning Station - <https://www.learningstationmusic.com/>

Les Mills - <https://www.lesmills.com/us/workouts/youth-training/>

Move Your Way - <https://health.gov/moveyourway/get-kids-active/>

Motor Skills and Learning - <https://www.motorskilllearning.com/freeupdatesmsl>

My Eat Smart Move More - <https://www.eatsmartmovemorenc.com/myesmm/>

Nurturing Pathways - <https://www.nurturingpathways.com/>

Ohio University - <https://onlinemasters.ohio.edu/masters-athletic-administration/fun-fitness-activities-for-kids/>

Pink Oatmeal - <https://www.pinkoatmeal.com/>

Shape America - <https://www.shapeamerica.org/standards/guidelines/pa-children-5-12.aspx>

Special Olympics School of Strength - <https://www.specialolympics.org/>

U.S. Health & Human Services Physical Activity Resources -
<https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html>

YMCA of the Triangle - <http://www.ymcatriangle.org>

Walkabouts - <http://info.activedinc.com/covid>

