



## Physical Education Distance Learning Resources

The Minnesota Department of Education is working with the [Minnesota Society of Health and Physical Educators](#) (MNSHAPE) to identify credible resources teachers can utilize during this unprecedented time of statewide distance learning. Our goal is to identify materials teachers can use either as online resources, or analog resources where there is no internet.

### Alignment to Minnesota Physical Education Standards

Many national resources have aligned themselves with the SHAPE America National Physical Education Standards and Grade-Level Outcomes. Minnesota adapted these national standards and outcomes during our standard adoption process and developed the [2018 Minnesota K-12 Academic Standards in Physical Education](#). It's important when reviewing materials that align to the SHAPE National Standards, that Minnesota teachers take one additional step and identify the specific Minnesota benchmark the resource is working toward. To assist in this process, we have created grade-level specific [conversion charts](#) that convert the national outcomes to Minnesota Benchmarks on the [MNSHAPE website](#).

### Analog Resources

For those teachers working with students who have little or no access to the internet, we have searched through numerous resources and modified them to create printable materials for students. Criteria for identification included:

- Activities that align with the Minnesota physical education benchmarks.
- Activities that require little to no equipment or equipment that can be made with household items.
- Activities that require little to not adult supervision.
- Activities that require limited space.

The activities are divided into four grade-level bands: grades K-2, grades 3-5, grades 6-8, and grades 9-12. Each grade band has a two-week calendar that identifies activities. [Refer to the documents on the Minnesota Shape Website](#).

### Internet Resources and Social Media Communities

Use this [chart](#) as a resource to identify internet websites and social media communities on Facebook and Twitter for physical education.