



Division of Instruction
Los Angeles Unified School District

Division of Instruction
Health and Physical Education Programs
Physical Education

Site Name	Link	Description
Brain Pop	https://www.brainpop.com/health/sportsandfitness/fitness/	Brain Pop video on health and fitness. There are many to choose from. Grades 3-5
OPEN	https://openphysed.org/	Free lessons, activities and handouts that help develop skills in motor development, manipulative skills, and fitness Grades K-12
Go Noodle	https://app.gonoodle.com/search?query=fitness	Provides movement videos to engage Pre-K to Grade 5 students.
PE Central	https://www.pecentral.org/	Provides free teacher made lessons. Activity and knowledge based.
GOPHER Resources	https://www.gophersport.com/resources/physical-education-site-resources	Is a list of physical education websites.
PTA	https://www.pta.org/home/programs/Healthy-Lifestyles/Increase-Physical-Activity-and-Physical-Education	Shows how physical educators can utilize the PTA.
Ready, Set, Gold	https://www.readysetgold.net/	Provides mentorship and motivation to students to keep healthy and fit.
Physical Education Teacher Itinerant Lessons*	Distance Lessons K-6	Elementary lessons created by our elementary physical education teachers. Lessons will be added on a regular basis.

The information above is provided as a resource for teachers and families. The content is not endorsed by Los Angeles Unified School District and is not required as part of the District’s educational program, however, any program with an asterisk is District approved.