

Resources for Middle School Physical Educators

Click on the [blue titles](#) to access links



Cardio Activities

- [Cardio Ideas](#)
- [Bike Best Practices](#)
- [6 Minute Run Test](#)



Cooperative

- [Cooperative Activities](#)
- [Rainy Day Activities](#)
- [Project Adventure](#)



LIVING FIT
FUNCTIONAL FITNESS

Functional Fitness

- [Functional Fitness](#)
- [Digital Fitness Books](#)
- [Health and Nutrition Resources](#)
- [Request SFUSD Health Resource](#)



Middle School Guidebook

- [Beginning School Year](#)
- [Language Objectives in Physical Education](#)
- [Content Standards](#)
- [BBC/Lesson Plan](#)
- [Grading Policy](#)
- [Curriculum Programming](#)
- [Adaptive PE Resources](#)



Classroom

Google Classroom Code

MS PE
wpr43iy

[SFUSD DOT Teacher Resources](#)

- [Google Resources from CAHPERD](#)
- [EDUCATOR SHARE LINK](#)



Physical Fitness Test Window

March 4th to May 3rd, 2020

- [Step by Step PFT Illuminate](#)
 - [Illuminate Video](#)
- [SFUSD Physical Fitness Video](#)
- [SFUSD AAO PE](#)
- [CDE PFT](#)
- [PFT VO2 Calculator](#)
- [Fitnessgram Test](#)



Professional Development

- [2019 -2020 PD Calendar](#)
- [CAHPERD 2020 Resources](#)
- [CAHPERD Travel Forms](#)
- [OPEN Curriculum](#)
- [Sub Directory](#)
- [2019-20 PE New Teacher](#)



Teacher Perks

- [2019 Certificated Benefits](#)
- [HR information for all](#)
- [2019 Certificated Development Passport](#)
- [K-8 Check Out](#)



Vendors

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[Gopher](#)- Adam Herbst
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[Rogue Fitness](#)
[White Boards](#) School Outfitters
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Online Resources

- [CAHPERD](#)
- [SHAPE America](#)
- [Support Real Teachers.org](#)
- [Physhedgames](#)
- [Darebee](#)
- [PE Central](#)
- [ThePhysicalEducator](#)
- [TeachersPayTeachers](#)
- [Exercise Dictionary](#)