

Physical Education Exercise/Fitness Resources

Fitness Audio and Videos for the Visually Impaired

Blind Alive: Download Directions from OSSB IT - [DownloadMP3.m4v](https://www.blindalive.com/)
<https://www.blindalive.com/>
(The site is no longer active. The resource is still available)

My Physical Educator.com:
<https://www.myphysicaleducator.com/resources/home-activities>

NW Association for Blind Athletes:
<https://nwaba.org/sports-programs/video-resource-library-1/>
https://www.youtube.com/channel/UCOPE6im_djQrrpxTQ4CB0kA

General Fitness Resources

Adaptive Sports Connection:
<https://adaptivesportsconnection.org>

CATCH Global Foundation - Health at Home:
<https://www.catch.org/pages/health-at-home>

CDC Physical Activity Resource:
<https://www.cdc.gov/physicalactivity/basics/index.htm>

Darbee:
<https://darebee.com/>

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

Ohio Action for Health Kids:
<https://www.actionforhealthykids.org/>

Ohio Department of Education Physical Education Home Page:

<http://education.ohio.gov/Topics/Learning-in-Ohio/Physical-Education>

Ohio Special Olympics:

<https://sooh.org/>

OPEN – Online Physical Education network:

<https://openphysed.org/activeschools/activehome>

PE Central:

<https://www.pecentral.org/>

PE Universe:

<https://peuniverse.com/>

Physical Educator's Guide for Working with Paraprofessionals:

https://www.pyfp.org/storage/app/media/documents/pyfp-guide-paraprofessionals_archive_20160405.pdf

Shape America:

<https://www.shapeamerica.org/standards/pe/>

Support Real Teachers:

<https://www.supportrealteachers.org/adapted-physical-education.html>

The PE Specialist:

<https://www.thepespecialist.com/peathome/>

- Scroll down the page and locate the section labeled “For PE Teachers”. You will find a daily activity calendar provided by SHAPE America.

WebMD Fitness & Exercise:

<https://www.webmd.com/fitness-exercise/default.htm>

We Are Teachers:

<https://www.weareteachers.com/virtual-pe-classes/>

Exercise for the Visually Impaired and Related Topics

A Guide To Visually Impaired Friendly Sport:

<https://britishblindsport.org.uk/wp-content/uploads/2018/10/VIFriendlySport-1-1-1.pdf>

Adaptive PE Games for the Blind and Visually Impaired Students by
Elina Mullen, Ed.D., of TSBVI:

<https://www.youtube.com/watch?v=PB9eCkh4Ryk>

Adapted Physical Education for the Blind and Visually Impaired:

<https://sites.aph.org/physical-education/articles/adapted-physical-education-for-the-blind-and-visually-impaired/>

Fitness for Individuals Who Are Visually Impaired or Deafblind:

<https://sites.aph.org/physical-education/articles/fitness-for-individuals-who-are-visually-impaired-or-deafblind/>

Fitness for Individuals Who Are Visually Impaired, Blind, and
Deafblind:

<https://www.nchpad.org/110/847/Visually~Impaired~~Blind~~and~Deafblind>

Physical Education for Students with Visual Impairments:

<https://www.pecentral.org/presentations/VisualImpairmentPresentation.pdf>

Staff Training for Physical Education for Children with Visual
Impairments:

<https://www.youtube.com/watch?v=77fyMsRWYs>

State Schools for the Blind/Visually Impaired:

California School for the Blind: Adapted Physical Education

[Adapted Physical Education Program - Instructional Services \(CA School for the Blind\)](#)

Florida School for the Deaf and Blind: Physical Education
[Physical Education | FSDB \(fsdbk12.org\)](#)

Minnesota State Academt for the Blind:
[Physical Education - Minnesota State Academy for the Blind](#)

Missouri School for the Blind:
[ElementaryPE.pdf \(mo.gov\)](#)

[AdaptedPhysicalEducation.pdf \(mo.gov\)](#)

Texas School for the Blind and Visually Impaired: Major Sports and Recreation Resources:
[Physical Education \(tsbvi.edu\)](#)

<https://www.tsbvi.edu/physical-education/76-major-sports-and-recreation-resources>