

# Supporting Physical Education and Physical Activity with Native American Students During COVID-19 and Beyond

Wednesday, April 7<sup>th</sup>, 2021

11:00 AM – 2:00 PM PT

## Training Resources

### Padlet Activity Links:

Define Wellness Padlet: <https://padlet.com/PHICWN/3bw1e1nxjptwvwni>

Adapting the Physical Activity Cards Padlet: <https://padlet.com/PHICWN/c71oole6pywc44db>

Head, Heart, Feet Padlet: <https://padlet.com/PHICWN/trmy2l3aza14eixi>

### CWN Shared Resource Links:

[Whose Native Land on You Living On?](#)

[Famous Native American Athletes](#)

[Springboard to Active Schools Physical Activity Cards](#)

[The Benefits of School-Based PA - infographic](#)

### NB3 Resource Links:

[Notah Begay III \(NB3\) Foundation Website](#)

[NB3 YouTube](#)

### CIMCC Resource Links:

[Indigenous Play for Active Lives – Learn Native Words YouTube Video](#)

[WeRNative](#)

[Strong Hearts Native Helpline](#)

[Immediate and Long-term Health Benefits of Physical Activity](#)

### Well for Culture Links:

[Well for Culture - Website](#)

[Well for Culture - Instagram](#)

[Well for Culture - YouTube](#)

[Well for Culture - Facebook](#)

[Well for Culture - Podcast](#)

### Cultural Appropriation Resources and Articles:

[Appropriation Worksheet](#)

[The line between cultural appropriation and cultural appreciation](#)

[Difference Between Cultural Appreciation and Appropriation — Here's Why It Matters](#)