



Resources

Physical Activity and Nutrition

- ◆ Small Step.gov: Healthy tips, activity tracking and portion control.
<http://www.smallstep.gov>
- ◆ Take 10! This is a classroom based physical activity program for grades K-5. It integrates academic learning with ten minute movement activities. www.take10.net
- ◆ Kidnetic: Encourages kids and parents to change behavior toward healthy lifestyle.
<http://www.kidnetic.com>
- ◆ Being Healthy Rocks: Ages 10-14 this program helps kids learn lifelong behaviors for good health.
<http://www.parknicollet.com/healthinnovations/shopping/category.cfm?catid=42>
- ◆ PE Central: Lesson ideas, assessments and best practice implementation ideas as well as specific programs. <http://www.pecentral.org/>
- ◆ The American Alliance for Health Physical Education and Recreation and Dance (AAHPERD) is the largest group of professionals supporting and assisting those involved in physical education. Leisure, fitness, dance, health promotion, and all specialties related to achieving a healthier lifestyle. <http://www.aahperd.org/index.cfm>
- ◆ National Association for Sports and Physical Education (NASPE) is a professional membership association that sets the standard for practice in physical education and sport. <http://www.aahperd.org/naspe/>
- ◆ No Gym? No Problem!-Physical Activities for Tight Spaces: This book provides teachers with tools to deal with limited space.
<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736057706>

- ◆ FITNESSGRAM is a registered set of health related fitness assessment tools developed to determine a students' fitness level. <http://www.fitnessgram.net>
- ◆ President's Challenge offers programs for educators that work with the Active Lifestyle and Presidential Champions programs. The challenge provides extras like a Fitness File, a free on line tool that makes fitness testing simple for schools. <http://www.presidentschallenge.org/>
- ◆ Winter Kids Outdoor Learning Curriculum: This resource provides lessons in a variety of subjects for grades K-12 with a complete adapted component for children with special needs. <http://www.winterkids.org>
- ◆ Energizers for elementary schools. <http://www.eatsmartmovemorenc.com/Energizers/Middle.html>

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