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# Physical Education Resources: Kindergarten to Senior 2

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### Grade 1

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Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach  
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### **Grade 4**

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Bonnie's Fitware Task Cards: Problem Solving Activities  
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Bonnie's Fitware Task Cards: Swimming Task Cards  
Building More Dances: Blueprints for Putting Movements Together

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## Grade 4 (continued)

- Changing Kids' Games  
Children Moving: A Reflective Approach to Teaching Physical Education  
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Co-Ed Recreational Games  
Cooperative Learning in Physical Education  
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First Aid: First on the Scene: The Complete Guide to First Aid and CPR  
Fitness Education for Children: A Team Approach Game On!  
Game Skills: A Fun Approach to Learning Sport Skills  
Juggling: From Start to Star  
KIDnastics®: A Child-Centered Approach to Teaching  
Kids on the Ball: Using Swiss Balls in a Complete Fitness Program  
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Premier's Sport Award Program: Softball: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Track and Field: Teaching the Basics Resource Manual  
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Sports in Action: Soccer in Action  
Sports in Action: Volleyball in Action  
Step Lively 2: Canadian Dance Favourites (includes CD)  
Step Lively: Dances for Schools and Families (includes CD)  
Teaching Children Physical Education: Becoming a Master Teacher (includes CD-ROM with video clips)  
Teaching FUNdamental Gymnastics Skills  
Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach  
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Walking Games and Activities  
Warming Up and Cooling Down: Practical Ideas for Ensuring a Fun and Beneficial Exercise Experience  
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide  
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)  
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4  
Zachary's Ball

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## Grade 5

- Adapted Physical Education and Sport  
Amazing Women Athletes  
Assessment Strategies for Elementary Physical Education  
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Bobbie Rosenfeld: The Olympian Who Could Do Everything  
Bonnie's Fitware Task Cards: Band-Based Exercises  
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Bonnie's Fitware Task Cards: Bone Task Cards  
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First Aid: First on the Scene: The Complete Guide to First Aid and CPR  
Fitness Education for Children: A Team Approach  
FITNESSGRAM® 6.0 Test Kit  
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Physical Activities for Improving Children's Learning and Behavior: A Guide to Sensory Motor Development  
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Physical Education Methods for Classroom Teachers  
Physical Education Methods for Elementary Teachers  
Physical Education Tips from the Trenches  
Play Practice: The Games Approach to Teaching and Coaching Sports  
Premier's Sport Award Program: Badminton: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Basketball: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Curling: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Disc Sports: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Field Hockey: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Golf: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Gymnastics: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Ice Skating: Teaching the Basics Resource Manual  
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Teaching the Basics Resource Manual  
Premier's Sport Award Program: Volleyball:  
Teaching the Basics Resource Manual  
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Special Needs Science: Understanding  
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Sports in Action: Soccer in Action  
Sports in Action: Volleyball in Action  
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Step Lively: Dances for Schools and Families  
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Teaching Children Physical Education: Becoming  
a Master Teacher (includes CD-ROM with  
video clips)  
Teaching FUNdamental Gymnastics Skills  
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Warming Up and Cooling Down: Practical Ideas  
for Ensuring a Fun and Beneficial Exercise  
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Whether in, on, or around Water: Safety before  
Fun Series: Elementary Grade 5 Teaching  
Guide  
Whether in, on, or around Water: Safety before  
Fun Series: Info Marine: Safety before Fun  
(CD-ROM)  
Whether in, on, or around Water: Safety before  
Fun Series: Water Smart / Aqua Bon  
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## Grade 6

Adapted Physical Education and Sport  
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Assessment Strategies for Elementary Physical  
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Best New Games  
Bobbie Rosenfeld: The Olympian Who Could Do  
Everything  
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Bonnie's Fitware Task Cards: Band-Based  
Exercises  
Bonnie's Fitware Task Cards: Basic Skills Task  
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Bonnie's Fitware Task Cards: Bone Task Cards  
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Bonnie's Fitware Task Cards: Fitness Task Cards:  
Module 4: Partner Strength Activities  
Bonnie's Fitware Task Cards: Fitness Task Cards:  
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Children Moving: A Reflective Approach to  
Teaching Physical Education  
Co-Ed Recreational Games  
Cooperative Learning in Physical Education  
First Aid: First on the Scene: The Complete Guide  
to First Aid and CPR  
Fitness Education for Children: A Team Approach  
FITNESSGRAM® 6.0 Test Kit  
Game On!  
Game Skills: A Fun Approach to Learning Sport  
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Juggling: From Start to Star  
KIDnastics®: A Child-Centered Approach to  
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Middle School Healthy Hearts in the Zone: A  
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## Grade 6 (continued)

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Premier's Sport Award Program: Curling:  
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Premier's Sport Award Program: Field Hockey:  
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Sports in Action: Hockey in Action  
Sports in Action: Soccer in Action  
Sports in Action: Volleyball in Action  
Step Lively 2: Canadian Dance Favourites  
(includes CD)  
Step Lively: Dances for Schools and Families  
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## Grade 7

Adapted Physical Education and Sport  
Amazing Women Athletes  
Best New Games  
Bobbie Rosenfeld: The Olympian Who Could Do  
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Bonnie's Fitware Task Cards: Ball Exercises  
Bonnie's Fitware Task Cards: Band-Based  
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Bonnie's Fitware Task Cards: Basic Skills Task  
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Bonnie's Fitware Task Cards: Bone Task Cards  
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Bonnie's Fitware Task Cards: Fitness Task Cards

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## Grade 7 (continued)

Bonnie's Fitware Task Cards: Fitness Task Cards:  
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Bonnie's Fitware Task Cards: Fitness Task Cards:  
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to First Aid and CPR  
First Aid: Pocket Guide to Emergency First Aid  
FITNESSGRAM® 6.0 Test Kit  
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Game Skills: A Fun Approach to Learning Sport  
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Juggling: From Start to Star  
Kids on the Ball: Using Swiss Balls in a Complete  
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Motor Development  
Physical Education for Children: Daily Lesson  
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Physical Education Tips from the Trenches

Planet Health: An Interdisciplinary Curriculum for  
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Teaching the Basics Resource Manual  
Premier's Sport Award Program: Disc Sports:  
Teaching the Basics Resource Manual  
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Premier's Sport Award Program: Golf: Teaching  
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Sports in Action: Hockey in Action  
Sports in Action: Soccer in Action  
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Step Lively: Dances for Schools and Families  
(includes CD)  
Strategies for Inclusion: A Handbook for Physical  
Educators  
Teaching Children Physical Education: Becoming  
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Teaching Middle School Physical Education: A  
Standards-Based Approach for Grades 5-8

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## Grade 7 (continued)

Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach  
Teaching Sport Concepts and Skills: A Tactical Games Approach Walking Games and Activities  
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Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)

## Grade 8

Adapted Physical Education and Sport  
Amazing Women Athletes  
Best New Games  
Bobbie Rosenfeld: The Olympian Who Could Do Everything  
Bonnie's Fitware Task Cards: Ball Exercises  
Bonnie's Fitware Task Cards: Band-Based Exercises  
Bonnie's Fitware Task Cards: Basic Skills Task Cards  
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First Aid: Pocket Guide to Emergency First Aid  
FITNESSGRAM® 6.0 Test Kit  
Game On!  
Game Skills: A Fun Approach to Learning Sport Skills  
Juggling: From Start to Star  
Kids on the Ball: Using Swiss Balls in a Complete Fitness Program  
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness  
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Pedometer Power: 67 Lessons for K-12  
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Perpetual Motion: Creative Movement Exercises for Dance and Dramatic Arts  
Physical Education for Children: Daily Lesson Plans for Middle School  
Physical Education Tips from the Trenches  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity  
Play Practice: The Games Approach to Teaching and Coaching Sports  
Premier's Sport Award Program: Badminton: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Basketball: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Curling: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Disc Sports: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Field Hockey: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Golf: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Gymnastics: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Ice Skating: Teaching the Basics Resource Manual  
Premier's Sport Award Program: Orienteering: Teaching the Basics Resource Manual

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## Grade 8 (continued)

Premier's Sport Award Program: Soccer:  
Teaching the Basics Resource Manual  
Premier's Sport Award Program: Softball:  
Teaching the Basics Resource Manual  
Premier's Sport Award Program: Track and Field:  
Teaching the Basics Resource Manual  
Premier's Sport Award Program: Volleyball:  
Teaching the Basics Resource Manual  
Run, Jump, Throw...and Away We Go!  
Special Needs Science: Understanding  
Differences  
Sport Progressions  
Sports in Action: Baseball in Action  
Sports in Action: Basketball in Action  
Sports in Action: Hockey in Action  
Sports in Action: Soccer in Action  
Sports in Action: Volleyball in Action  
Step Lively 2: Canadian Dance Favourites  
(includes CD)  
Step Lively: Dances for Schools and Families  
(includes CD)  
Strategies for Inclusion: A Handbook for Physical  
Educators  
Teaching Children Physical Education: Becoming  
a Master Teacher (includes CD-ROM with  
video clips)  
Teaching FUNdamental Gymnastics Skills  
Teaching Middle School Physical Education: A  
Standards-Based Approach for Grades 5-8  
Teaching Rhythmic Gymnastics: A  
Developmentally Appropriate Approach  
Teaching Sport Concepts and Skills: A Tactical  
Games Approach  
Walking Games and Activities  
Warming Up and Cooling Down: Practical Ideas  
for Ensuring a Fun and Beneficial Exercise  
Experience

## Senior 1

Adapted Physical Education and Sport  
Amazing Women Athletes  
Bobbie Rosenfeld: The Olympian Who Could Do  
Everything  
Bonnie's Fitware Task Cards: Ball Exercises  
Bonnie's Fitware Task Cards: High School  
Standards-Based Golf Unit  
Complete Physical Education Plans for Grades 7-  
12 (contains CD-ROM)

Exercise Science: Foundations of Exercise  
Science: Studying Human Movement and  
Health (Student Edition)  
Exercise Science: Studying Human Movement  
and Health: Graphic Package (CD-ROM)  
Exercise Science: Studying Human Movement  
and Health: Teacher's Guide  
FitFocus: Health and Physical Activity Analysis  
Software  
High School Healthy Hearts in the Zone: A Heart  
Rate Monitoring Program for Lifelong Fitness  
It's Not Just Gym Anymore: Teaching Secondary  
School Students How to Be Active for Life  
Juggling: From Start to Star  
Kinetic Anatomy  
Learning by Choice in Secondary Physical  
Education: Creating a Goal-Directed Program  
Ontario Health and Physical Education Curriculum  
Support: Grade 10 Supplement  
Ontario Health and Physical Education Curriculum  
Support: Grade 9-10 Supplement  
Pedometer Power: 67 Lessons for K-12  
Performance-Based Assessment for Middle and  
High School Physical Education  
Personal Fitness: Looking Good—Feeling Good  
(Student Edition)  
Personal Fitness: Looking Good—Feeling Good:  
Teacher Edition  
Personal Fitness: Looking Good—Feeling Good:  
Transparencies  
Physical Activities for Improving Children's  
Learning and Behavior: A Guide to Sensory  
Motor Development  
Play Practice: The Games Approach to Teaching  
and Coaching Sports  
Quality Lesson Plans for Secondary Physical  
Education (includes CD-ROM)  
Run, Jump, Throw...and Away We Go!  
Sport Progressions  
Strengthening Your Physical Education Program  
with Innovative Fitness Strategies and  
Activities (Grades 6-12)  
Walking Games and Activities  
Warming Up and Cooling Down: Practical Ideas  
for Ensuring a Fun and Beneficial Exercise  
Experience

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## Senior 2

Adapted Physical Education and Sport  
Amazing Women Athletes  
Bobbie Rosenfeld: The Olympian Who Could Do Everything  
Bonnie's Fitware Task Cards: Ball Exercises  
Bonnie's Fitware Task Cards: High School Standards-Based Golf Unit  
Complete Physical Education Plans for Grades 7-12 (contains CD-ROM)  
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)  
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)  
Exercise Science: Studying Human Movement and Health: Teacher's Guide  
FitFocus: Health and Physical Activity Analysis Software  
High School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness  
It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life  
Juggling: From Start to Star  
Kinetic Anatomy  
Learning by Choice in Secondary Physical Education: Creating a Goal-Directed Program  
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement  
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement  
Pedometer Power: 67 Lessons for K-12  
Performance-Based Assessment for Middle and High School Physical Education  
Personal Fitness: Looking Good—Feeling Good (Student Edition)  
Personal Fitness: Looking Good—Feeling Good: Teacher Edition  
Personal Fitness: Looking Good—Feeling Good: Transparencies  
Physical Activities for Improving Children's Learning and Behavior: A Guide to Sensory Motor Development  
Play Practice: The Games Approach to Teaching and Coaching Sports  
Quality Lesson Plans for Secondary Physical Education (includes CD-ROM)  
Run, Jump, Throw...and Away We Go!  
Sport Progressions  
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)

Walking Games and Activities  
Warming Up and Cooling Down: Practical Ideas for Ensuring a Fun and Beneficial Exercise Experience