



PHYSICAL EDUCATION/HEALTH
EDUCATION GRADE 9-12 LEARNING
RESOURCES

A Reference for Selecting Learning
Resources (February 2014)

February 2014

Manitoba Education and Advanced Learning

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please notify Manitoba Education and Advanced Learning. Errors or
omissions will be corrected in a future edition.

Any websites referenced in this document are subject to change without
notice. Educators are advised to preview and evaluate websites and online
resources before recommending them for student use.

This resource is available on the Manitoba Education and Advanced Learning
website at <www.edu.gov.mb.ca/k12/learnres/bibliographies.html>.

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INTRODUCTION

Reference for Selecting Learning Resources

PHYSICAL EDUCATION/HEALTH EDUCATION GRADE 9-12 LEARNING RESOURCES is a reference tool provided by Manitoba Education and Advanced Learning to help educators select student and teacher learning resources to support the curriculum. Recommended learning resources may be purchased through the Manitoba Text Book Bureau (MTBB), and many of the titles may be borrowed from the Department's Instructional Resources Unit (Library).

The bibliography is arranged alphabetically by title, followed with indexes. The indexes may include audience, (for example, resource for teachers or resource for students), grade, distributor, category (for example, depth resource), and suggested use.

Learning Resources Reviews

Publishers submit resources for review in response to the Department's request for new learning resources to support provincial curricula. Teachers, nominated by superintendents of school divisions, are selected as teacher-evaluators. Using a collaborative review process, the teacher-evaluators examine the materials according to the resource-selection criteria to make recommendations regarding the suitability of the resources for Manitoba students and teachers.

Resource Selection Criteria

Learning resources are selected based on the basis of their fidelity with the rationale, philosophy, processes, and learning outcomes identified in each curriculum. Four evaluation criteria are used in selecting learning resources:

- **Curriculum Fit/Content/Philosophy:** the degree to which the content and processes of the resource align with the curriculum, thus providing support for curriculum implementation.
- **Instructional Design:** the degree to which the resource provides for multiple approaches to learning, has a wide range of use, is current, and reflects current pedagogical theory and practice.
- **Social Considerations:** the degree to which the resource is free of bias and stereotyping. The resource is examined for Canadian content, the use of culturally diverse examples, and accurate portrayal of First Nations, Inuit, and Métis peoples. Cautionary notes are added to alert teachers to potentially sensitive curriculum-fit issues or potential community concerns related to the resource.
- **Technical Design:** the degree to which the resource is visually appealing and has a logical and consistent form.

When selecting learning and teaching resources, teachers should consider how the resources meet the learning requirements of students, the perspectives of the student population, and local decisions related to the delivery of potentially sensitive content.

Terms and Definitions

The following terms and definitions are used to describe the learning resources:

- **Breadth:** identifies learning resources that address a wide range of student learning outcomes for a particular grade.
- **Depth:** identifies learning resources that provide effective learning experiences in greater detail for a narrower grouping of student learning outcomes.
- **Breadth and Depth:** identifies comprehensive learning resources that provide both breadth and depth dimensions for an extensive grouping of student learning outcomes.
- **Teacher Reference:** identifies resources that assist teachers in implementing the curriculum, including background information for teacher use; may identify teaching suggestions and learning activities.
- **Teacher Guide:** identifies a separate guide for teachers or a teacher's edition of a **Student Text**.

Purchase of Learning Resources

The learning resources described in the bibliography are available for purchase through the *Manitoba Text Book Bureau Catalogue of Learning Resources*. For information or assistance regarding the purchase of learning resources, contact:

The Manitoba Text Book Bureau (MTBB)

Box 910

Souris, MB R0K 2C0

Toll free: 866-771-6822 (Manitoba and Saskatchewan)

Telephone: 204-483-5040

Fax: 204-483-5041

Email: mtbb@gov.mb.ca

Online catalogue: <<http://www.mtbb.mb.ca>>

Borrowing Recommended Learning Resources

Most of the learning resources listed in the bibliographies are available to Manitoba educators through the Manitoba Education Library, located at 1181 Portage Avenue in Winnipeg.

The Education Library ships materials province-wide.

Search for recommended learning resources in the Education Library's online catalogue:
<http://library.edu.gov.mb.ca>

To learn more about the Education Library's services, visit the home page:
<http://www.edu.gov.mb.ca/k12/mel>

Contact Information:

For registration questions or information about your account, please contact:

204-945-5371
Toll Free: 1-800-592-7330
irucirc@gov.mb.ca

For help with searching or selecting Library materials, please contact:

204-945-7830
Toll Free: 1-800-282-8069 x.7830
iruref@gov.mb.ca



TITLES & DESCRIPTIONS

Essentials of Team Building: Principles and Practices (includes DVD)

Author(s):	Midura, Daniel W., Glover, Donald R.	Audience:	Teacher
Edition:		Category:	
Year:	2005	Suggested Use(s):	GLO 1: Movement, GLO 2: Fitness Management, GLO 3: Safety, GLO 4: Personal and Social Management, GLO 5: Healthy Lifestyle, Physical Education/Health Education, Module B: Fitness Management (FM), Module D: Personal and Social Development (PS)
Pagination:	229 p		
ISBN:	978-0-7360-5088-3		
Format:	Print		
Publisher:	Human Kinetics Publishers, Inc.	Date Recommended:	June 03, 2009
Distributor:			

Subject / Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

This resource contains leadership games and challenges.

Note: Although pictures and DVD represent elementary or middle years students this book could be used by grades 9 to 12.

Exercise Science, Second Edition

Publisher : Sport Books Publisher

Subject / Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health										✓	✓	✓	✓
Physical Education										✓	✓	✓	✓

This comprehensive set of current Canadian resources focuses on the study of exercise science, including anatomy, physiology, biomechanics, motor learning and control, and sport psychology. The resources in the package (Student Edition, Teacher's Guide, and Graphic Package [CD-ROM]) include diverse cultural representations in pictures and diagrams. The text is gender-balanced, features Canadian athletes, and includes dynamic, colourful illustrations, graphics, statistics and charts. Assessment content in

the teacher and student resources is consistent with the recommendations in *Guidelines for Fitness Assessment in Manitoba Schools: A Resource for Physical Education/ Health Education* (Manitoba Education and Advanced Learning, 2004). The nutrition information refers directly to *Eating Well with Canada's Food Guide*.

There is a strong match between these resources and the Manitoba curriculum, particularly GLOs 1, 2, and 5 for grades 9 and 10. For grade 11 module B, Fitness Management and Module D, Social Impact of Sport, are well represented, but limited in Module C, Mental Emotional Health. For Grade 12 Module C Nutrition is well represented.

Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)

Author(s):	Klavora, Peter	Audience:	Student
Edition:	Second Edition	Category:	
Year:	2008	Suggested Use(s):	GLO 1: Movement, GLO 2: Fitness Management, GLO 5: Healthy Lifestyle, Physical Education/Health Education, Module B: Fitness Management (FM), Module C: Nutrition (NU), Module D: Social Impact of Sport (SI), Module D: Personal and Social Development (PS)
Pagination:	549 p		
ISBN:	978-0-920905-17-3		
Format:	Print		
Publisher:	Sport Books Publisher	Date Recommended:	June 03, 2009
Distributor:			

Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)

Author(s):		Audience:	Teacher, Teacher
Edition:	First Edition	Category:	
Year:	2004	Suggested Use(s):	GLO 1: Movement, GLO 2: Fitness Management, GLO 5: Healthy Lifestyle, Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Nutrition (NU), Module D: Social Impact of Sport (SI), Module D: Personal and Social Development (PS)
Pagination:	unp.		
ISBN:			
Format:	CD-ROM		

Publisher: Sport Books Publisher
Distributor:

Date Recommended: June 03, 2009

Exercise Science: Studying Human Movement and Health: Teacher's Guide (includes CD-ROM)

Author(s): Klavora, Peter,
Anderson, Andy, Harker,
Tony, Wakelin, Ron

Edition: Second Edition

Year: 2008

Pagination: unpag.

ISBN: 978-0-920905-13-5

Format: Print/CD-ROM

Audience: Teacher

Category:

Suggested Use(s): GLO 1: Movement, GLO 2: Fitness Management, GLO 5: Healthy Lifestyle, Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Nutrition (NU), Module D: Social Impact of Sport (SI), Module D: Personal and Social Development (PS)

Publisher: Sport Books Publisher
Distributor:

Date Recommended: June 03, 2009

Exercise Science: An Introduction to Health and Physical Education

Publisher : Thompson Educational Publishing

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education												✓	✓
Health												✓	✓

Exercise Science, a Canadian resource, is composed of a teacher's manual, with accompanying CD-Rom of PowerPoint presentations available with the purchase of a minimum of five student texts. (The student workbook and lab manual are ineligible, as they are of a consumable nature.)

The student and teacher manual comprehensively address fitness management and nutrition GLO's of the Manitoba grade 11 and 12 framework of Active Healthy Lifestyles. Teachers will find that Modules B and D for grade 11 and Modules B and C

for grade 12 are especially well supported. The nutrition information refers directly to *Eating Well with Canada's Food Guide*. Information is accurate, current and Canadian.

The teacher's manual contains samples for traditional assessment such as multiple choice, short answer tests, BlackLine Masters, indicate objectives, overview of lessons. With the purchase of five student texts, access is granted to the CD containing PowerPoint presentations, a useful resource for teachers.

Exercise Science: An Introduction to Health and Physical Education (Student Text)

Author(s):	Temertzoglou, Ted, Challen, Paul	Audience:	Student
Edition:		Category:	
Year:	2003	Suggested Use(s):	Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Nutrition (NU), Module D: Social Impact of Sport (SI)
Pagination:	430 p		
ISBN:	978-1-55077-132-9		
Format:	Print		
Publisher:	Thompson Educational Publishing	Date Recommended:	June 03, 2009
Distributor:	University of Toronto Press		

Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)

Author(s):	Temertzoglou, Ted, Challen, Paul	Audience:	Teacher
Edition:		Category:	
Year:	2003	Suggested Use(s):	Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Nutrition (NU), Module D: Social Impact of Sport (SI)
Pagination:	373 p		
ISBN:	978-1-55037-136-1		
Format:	Print/CD-ROM		
Publisher:	Thompson Educational Publishing	Date Recommended:	June 03, 2009
Distributor:	University of Toronto Press		

Food for Today, First Canadian Edition

Publisher : McGraw-Hill Ryerson

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health											✓		✓
Physical Education											✓		✓

This Canadian resource includes a student text, teacher’s resource and CD-Rom of BlackLine Masters and PDF files of the teacher’s resource. The resource provides age appropriate discussion of nutrition and covers most of the Grade 12 nutrition outcomes and some of the grade 10 nutrition outcomes. It is full of easy to read diagrams, charts, illustrations, and statistics.

There is diverse cultural representation present in pictures, diagrams and content, including First Nations, Métis and Inuit perspectives. The focus is on active well being for all, not just the sports athlete. There is a strong match between the resource and Module C Nutrition of the grade 12 curriculum.

Food for Today (Student Text)

Author(s):	Witte, Jane, O’Leary-Reesor, Lisa, Miller, Helen, Bersenas-Cers, Zita	Audience:	Student
Edition:	First Canadian Edition	Category:	
Year:	2007	Suggested Use(s):	Physical Education/Health Education, Module C: Nutrition (NU), GLO 5: Healthy Lifestyle
Pagination:	722 p		
ISBN:	978-0-07-073719-8		
Format:	Print		
Publisher:	McGraw-Hill Ryerson	Date Recommended:	June 03, 2009
Distributor:			

Food for Today: Teacher’s Resource (includes CD-ROM)

Author(s):	Putignano, Michelyn, Wilson, Karen	Audience:	Teacher
Edition:	First Canadian Edition	Category:	
Year:	2007	Suggested Use(s):	Physical Education/Health Education, Module C: Nutrition (NU), GLO 5: Healthy Lifestyle
Pagination:	234 p		
ISBN:	978-0-07-073753-2		

Format: Print/CD-ROM

Publisher: McGraw-Hill Ryerson

Date Recommended: June 03, 2009

Distributor:

Minimum System Requirements for Teacher's Resource CD-ROM:

Windows: Pentium II; Windows XP, Windows 2000; 256 MB RAM

Macintosh: Power PC; OS 9.2, OS X 10.3; 256 MB RAM

Functional Fitness Charts

Publisher : Thompson Educational Publishing

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓	✓	✓

Functional Fitness Charts: Body Weight: Everyday Equipment

Author(s):

Audience:

Student, Teacher

Edition:

Category:

Year: 2013

Suggested Use(s):

Science, Mathematics,
GLO 2: Fitness

Pagination: unpag.

ISBN: 978-155077221-0

Management, Physical
Education, GLO 1:

Format: Print

Movement, GLO 3: Safety

Publisher: Thompson Educational
Publishing

Date Recommended: February 11, 2014

Distributor:

This student resource kit provides 40 brightly illustrated posters of students displaying 3 step instructions for each exercise. It comes with a comprehensive teachers guide with in-depth instruction for each exercise as well as suggestions for curricular applications, assessment, and adaptations. Each poster is laminated and can be written on with dry erase marker to note teachers individualized circuit instruction (station number, time, reps). The students pictured represent varied races and ethnicities including Aboriginal, African, and Asian. These posters and the teacher's guide could be used to develop part of a fitness unit to complete activity hours for all grades. It meets aspects of the GLO Fitness outcomes of the Manitoba Physical Education curriculum. This is a practical resource that helps students realize how to use everyday items such as

towels, cones, mats, a partner, or a chair with which to complete exercises. There is a web based teacher resource that has full video demonstrations of each exercise, with pdf's of the accompanying safety tips and teacher guide information which can be electronically displayed to students.

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Author(s):		Audience:	Teacher, Student
Edition:		Category:	
Year:	2013	Suggested Use(s):	Science, Mathematics, GLO 2: Fitness Management, Physical Education, GLO 1: Movement, GLO 3: Safety
Pagination:	unp.		
ISBN:	9781550772227		
Format:	Print		
Publisher:	Thompson Educational Publishing	Date Recommended:	February 11, 2014
Distributor:			

This student resource kit provides 40 brightly illustrated posters of students displaying 3 step instructions for ball exercises. The exercises are for solo or partnered activities. It comes with a comprehensive teachers guide with in-depth instruction for each exercise as well as suggestions for curricular applications, assessment, and adaptations. Each poster is laminated and can be written on with dry erase marker to note teachers individualized circuit instruction (station number, time, reps). The students pictured represent varied races and ethnicities including Aboriginal, African, and Asian. These posters and the teacher's guide could be used to develop strength, stability and agility exercises to complete activity hours for all grades. It meets aspects of the movement, fitness and safety outcomes of the Manitoba Physical Education curriculum. These exercises could be used for warm up/cool down activities for general physical education classes or they could be used during fitness classes. There is a web based teacher resource that has full video demonstrations of each exercise, with pdf's of the accompanying safety tips and teacher guide information which can be electronically displayed to students.

Functional Fitness Charts: Tubing, Dumbell, Kettlebell

Author(s):		Audience:	Teacher, Student
Edition:		Category:	
Year:	2013	Suggested Use(s):	Science, Mathematics,

Pagination: unp. GLO 2: Fitness
ISBN: 9781550772234 Management, Physical
Format: Print Education, GLO 1:
Movement, GLO 3: Safety

Publisher: Thompson Educational **Date Recommended:** February 11, 2014
Publishing

Distributor:

This student resource kit provides 40 brightly illustrated posters of students displaying 3 step instructions for exercises. It comes with a comprehensive teachers guide with in-depth instruction for each exercise as well as suggestions for curricular applications, assessment, and adaptations. Each poster is laminated and can be written on with dry erase marker to note teachers individualized circuit instruction (station number, time, reps). The students pictured represent varied races and ethnicities including Aboriginal, African, and Asian. These posters and teacher's guide could be used to develop strength and stability exercises to complete activity hours for all grades. It meets aspects of the strength/endurance and flexibility aspects of the fitness outcomes of the Manitoba Physical Education curriculum. These exercises could be used for warm up/cool down activities for general physical education classes or they could be used during fitness classes. There is a web based teacher resource that has full video demonstrations of each exercise, with pdf's of the accompanying safety tips and teacher guide information which can be electronically displayed to students.

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Author(s): **Audience:** Student, Teacher
Edition: **Category:**
Year: 2013 **Suggested Use(s):** Science, Mathematics,
Pagination: unp. GLO 2: Fitness
ISBN: 978-155077220-3 Management, Physical
Format: Print Education, GLO 1:
Movement, GLO 3: Safety

Publisher: Thompson Educational **Date Recommended:** February 11, 2014
Publishing

Distributor:

This student resource kit provides 40 brightly illustrated posters of students displaying beginning and final poses of yoga exercises. It comes with a comprehensive teachers guide with in-depth instruction for each exercise as well as suggestions for curricular applications, assessment, and adaptations. Each poster is laminated and can be written on with dry erase marker to note teachers individualized circuit instruction (station number, time, reps). The students

pictured represent varied races and ethnicities including Aboriginal, African, and Asian. These posters and the teacher's guide could be used to develop a Yoga Unit to complete activity hours for all grades. It meets aspects of the movement, fitness and safety outcomes of the Manitoba Physical Education curriculum. There is a web based teacher resource that has full video demonstrations of each exercise or pose, with pdf's of the accompanying safety tips and teacher guide information which can be electronically displayed to students.

Fundamental Movement Skills

Publisher : PHE Canada

Subject/ Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education								✓	✓	✓	✓	✓	✓

Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Author(s):	Lodewyk, Ken	Audience:	Teacher
Edition:		Category:	
Year:	2011	Suggested Use(s):	GLO 2: Fitness Management, Physical Education, GLO 1: Movement, GLO 3: Safety
Pagination:	unp.		
ISBN:	978-1-895716-81-8		
Format:	Print		
Publisher:	PHE Canada	Date Recommended:	April 24, 2013
Distributor:			

This Teacher Resource for grades 9-12 describes alternative activities that connect to General Learning Outcomes (GLO's) for Movement, Fitness and some aspects of Safety. The activity categories include target activities (curling and archery), cycling, paddling, body-mind exercises (yoga etc.), dance, individual winter activities, martial arts, group fitness, weight training, team building, walking and running.

It is a well laid out and organized depth resource that provides a brief background of each sport activity along with teaching and technical tips, sample assessments and rubrics. Additional references are given to other on-line resources.

Fundamental Movement Skills: The building blocks for the development of physical literacy: Beyond the Fundamentals: A Games Approach

Author(s): Oliver, Gordon **Audience:** Teacher
Edition: **Category:**
Year: 2008 **Suggested Use(s):** Physical Education
Pagination: unp.
ISBN: 978-1-895716-76-4
Format: Print

Publisher: PHE Canada **Date Recommended:** April 24, 2013
Distributor:

This teacher resource promotes a tactical games approach to teaching fundamental skills and a deeper understanding of the game categories (i.e. skill development and fitness games, net and wall games, striking and fielding games, territorial games). It is most applicable to middle years activities, with some cross-over to senior years. A teacher may want to use this when introducing games to students for engagement, differentiated instruction, and other alternative approaches to teaching skills beyond drills.

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Author(s): Puza, Roger F. **Audience:** Teacher
Edition: **Category:**
Year: 2008 **Suggested Use(s):** Health Education, Module C: Mental-Emotional Health (MH), Module C: Nutrition (NU), Module E: Substance Use and Abuse Prevention (SU), Module E: Healthy Relationships (HR), GLO 4: Personal and Social Management
Pagination: 243 p
ISBN: 978-0-7360-5982-4
Format: Print/CD-ROM

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health										✓	✓	✓	✓

This resource contains some useful learning activity ideas and is suitable if looking for ready-made lessons.

Healthy Active Living

Publisher : Thompson Educational Publishing

Subject/ Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓		
Health										✓	✓		

Healthy Active Living, a Canadian resource, is composed of a teacher's manual, with accompanying CD-Rom of PowerPoint presentations available with the purchase of a minimum of five student texts. (The student activity handbooks 9 & 10 are ineligible as they are of a consumable nature.)

This resource addresses GLOs of grades 9 and 10 with the greatest emphasis on GLO's 2 and 5. A particular strength of the resource is the fitness management section which will serve physical educators well. The drug use and abuse section is well detailed. Outcomes related to movement and safety are less detailed. Because the content directly supports the Ontario curriculum, there is not a direct fit for the Manitoba curricula, but sections are useful as a teacher resource for grades 9 and 10. The unit dealing with physical activities and sport provide only basic information about each activity/sport that teachers would need to supplement with in-depth resources.

Caution: The potentially sensitive content includes reproductive system anatomy, substance abuse prevention, sexual exploitation and assault, HIV and AIDS information, sexual orientation, prevention of STIs. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Healthy Active Living: Keep Fit, Stay Healthy, Have Fun (Student Text)

Author(s):	Temertzoglou, Ted	Audience:	Student
Edition:		Category:	
Year:	2007	Suggested Use(s):	GLO 2: Fitness Management, GLO 5: Healthy Lifestyle, Physical Education/Health Education
Pagination:	492 p		
ISBN:	978-1-55077-150-3		
Format:	Print		
Publisher:	Thompson Educational Publishing	Date Recommended:	June 03, 2009

Distributor: University of Toronto
Press

**Healthy Active Living: Keep Fit, Stay Healthy, Have Fun:
Teacher’s Manual (includes CD-ROM)**

Author(s):	Temertzoglou, Ted	Audience:	Teacher
Edition:		Category:	
Year:	2007	Suggested Use(s):	GLO 2: Fitness Management, GLO 5: Healthy Lifestyle, Physical Education/Health Education
Pagination:	578 p		
ISBN:	978-1-55077-153-4		
Format:	Print/CD-ROM		
Publisher:	Thompson Educational Publishing	Date Recommended:	June 03, 2009
Distributor:	University of Toronto Press		

Human Sexuality

Publisher : McGraw-Hill Ryerson

Subject/ Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health										✓	✓		

Human Sexuality, a Canadian resource, consists of a student text and teacher’s resource suitable for grades 9 and 10, GLO 5, strand E, Human Sexuality. A strength of the resource is that it sequentially follows the human sexuality curriculum. There are lesson plans, health skill activities, did you know questions, and chapter reviews. The information is both current, Canadian, and allows for diversity in sexual relationships. The resource uses a well designed layout and attractive illustrations that would engage students. The soft cover student resource is attractive and user-friendly. Less user-friendly is the layout of the teacher manual, but the information is good.

Caution: The resource contains potentially sensitive information on human sexuality and sexual orientation. Decisions related to choice of learning resources, grade-appropriateness, and depth and breath of potentially sensitive content are determined at the local school/ division level.

Human Sexuality (Student Edition)

Author(s): Bronson, Mary H. **Audience:** Student
Edition: First Canadian Edition **Category:**
Year: 2008 **Suggested Use(s):** GLO 5: Healthy Lifestyle,
Pagination: 139 p Health Education
ISBN: 978-0-07-073061-8
Format: Print

Publisher: McGraw-Hill Ryerson **Date Recommended:** June 03, 2009
Distributor:

Human Sexuality: Teacher's Resource

Author(s): Karner, Julie, Munro, Ellen, Wilson, Jocelyn, Wilson, Marilyn **Audience:** Teacher
Edition: First Canadian Edition **Category:**
Year: 2008 **Suggested Use(s):** GLO 5: Healthy Lifestyle,
Pagination: unpag. Health Education
ISBN: 978-0-07-039686-9
Format: Print

Publisher: McGraw-Hill Ryerson **Date Recommended:** June 03, 2009
Distributor:

Interdisciplinary Teaching Through Outdoor Education

Author(s): Bunting, Camille J. **Audience:** Teacher
Edition: **Category:**
Year: 2006 **Suggested Use(s):** Module B: Fitness
Pagination: 243 p Management (FM),
ISBN: 978-0-7360-5502-4 Physical Education, GLO
Format: Print 1: Movement

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health								✓	✓	✓			
Physical Education								✓	✓	✓	✓	✓	✓

This is a useful resource to have for the organization and administration of intramurals and extracurricular sports leagues.

Pedometer Power: Using Pedometers in School and Community

Author(s): Pangrazi, Robert, Beighle, Aaron, Sidman, Cara L. **Audience:** Teacher
Edition: Second Edition **Category:**
Year: 2007 **Suggested Use(s):** Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Mental-Emotional Health (MH), Module C: Nutrition (NU), GLO 1: Movement, GLO 2: Fitness Management
Pagination: 170 p
ISBN: 978-0-7360-6272-5
Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Performance-Based Assessment for Middle and High School Physical Education

Author(s): Lund, Jacalyn Lea, Fortman Kirk, Mary **Audience:** Teacher
Edition: **Category:**
Year: 2002 **Suggested Use(s):** Physical Education
Pagination: 236 p
ISBN: 978-0-7360-3270-4
Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education						✓	✓	✓	✓	✓	✓	✓	✓

Quality Lesson Plans for Secondary Physical Education (includes CD-ROM)

Author(s): Zakrajsek, Dorothy B, Carnes, Lois A., Pettigrew, Frank Jr. **Audience:** Teacher
Edition: Second Edition **Category:**
Year: 2003 **Suggested Use(s):** Module B: Fitness Management (FM), Physical Education
Pagination: 691 p
ISBN: 978-0-7360-4485-1
Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓	✓	✓

This resource is suitable for first year graduates or substitute teachers. Although this is an American based resource, it contains a lot of useful material.

Teaching Physical Activity: Change, Challenge, and Choice

Author(s): Stiehl, Jim, Morris, Don, Sinclair, Christina **Audience:** Teacher
Edition: **Category:**
Year: 2008 **Suggested Use(s):** Physical Education
Pagination: 218 p
ISBN: 978-0-7360-5921-3
Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Teaching Responsibility Through Physical Activity

Author(s):	Hellison, Don	Audience:	Teacher
Edition:		Category:	
Year:	2003	Suggested Use(s):	Physical Education/Health Education
Pagination:	165 p		
ISBN:	978-0-7360-4601-5		
Format:	Print		
Publisher:	Human Kinetics Publishers, Inc.	Date Recommended:	June 03, 2009
Distributor:			

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

This resource is useful for teachers to evaluate presentations and teaching strategies.

Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)

Author(s):	Griffin, Linda L., Mitchell, Stephen A., Oslin, Judith L.	Audience:	Teacher
Edition:	Second Edition	Category:	
Year:	2006	Suggested Use(s):	GLO 1: Movement, GLO 2: Fitness Management, GLO 3: Safety, Physical Education
Pagination:	547 p		
ISBN:	978-0-7360-5453-9		
Format:	Print/DVD		
Publisher:	Human Kinetics Publishers, Inc.	Date Recommended:	June 03, 2009
Distributor:			

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education						✓	✓	✓	✓	✓	✓		

This resource has various activities for teachers which is sequential in lesson development (244 lessons) and is very organized. The accompanying DVD includes 12 lessons.

Tools for Teaching Health

Author(s): Whalen, Shannon, Splendorio, Dominick, Chiariello, Sal
Edition: 1st Edition
Year: 2007
Pagination: 299 p
ISBN: 978-0-7879-9407-5
Format: Print

Audience: Teacher
Category:
Suggested Use(s): Health Education, Module C: Mental-Emotional Health (MH), Module C: Nutrition (NU), Module E: Substance Use and Abuse Prevention (SU), Module E: Healthy Relationships (HR), GLO 5: Healthy Lifestyle

Publisher: Jossey-Bass
Distributor: John Wiley & Sons Canada Ltd.

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health							✓	✓	✓	✓	✓	✓	✓

Walking Games and Activities: 40 new ways to make fitness fun

Author(s): Decker, June, Mize, Monica
Edition:
Year: 2002
Pagination: 176 p
ISBN: 978-0-7360-3430-2
Format: Print

Audience: Teacher
Category:
Suggested Use(s): Module B: Fitness Management (FM), Physical Education/Health Education

Publisher: Human Kinetics Publishers, Inc.
Distributor:

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health										✓	✓	✓	✓
Physical Education										✓	✓	✓	✓

The World of Recreation and Fitness Leadership

Publisher : Sport Books Publisher

Subject/ Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓	✓	✓
Health										✓	✓	✓	✓

The world of recreation and fitness leadership supports many facets of the grade 9 to 12 curricula; for instance for grades 9 and 10 GLOs 2, 3, 4, and 5 are exceptionally well covered.

For grade 11, Module B Fitness Management and Module C Mental and Emotional Health, the text meets all the outcomes present in the grade 11 curriculum.

For grade 12, Module B Fitness Management, Module C Nutrition, and Module D Personal and Social Development are highly supported by the content of this resource. Extensive Canadian content is present including Canadian athletic role models, illustrations, history, gender equity, cross cultural perspectives. The nutrition information refers directly to *Eating Well with Canada's Food Guide*.

The soft cover student resource is visually engaging for students, and would stimulate student curiosity. Website links are supplied for further research, but have not been reviewed. End of chapter questions stimulate class discussion and inquiry, and are applicable for assessment. Teachers will find a section with valuable information relating to leadership development. With the purchase of five student texts, access is granted to the Question Bank CD, a useful resource for teachers. The authoritative authors share their wealth of knowledge and experience to create a text with rich presentation and curriculum content.

The World of Recreation and Fitness Leadership (Student Text)

Author(s):	Austin, Debra L., Leith, Patricia M., Robertson, Jullian	Audience:	Student
Edition:		Category:	
Year:	2008	Suggested Use(s):	GLO 2: Fitness Management, GLO 3: Safety, GLO 4: Personal and Social Management, GLO 5: Healthy Lifestyle, Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Mental-Emotional Health (MH), Module C: Nutrition (NU), Module D: Personal and Social Development (PS)
Pagination:	407 p		
ISBN:	978-0-920905-15-9		
Format:	Print		

Publisher: Sport Books Publisher
Distributor:

Date Recommended: June 03, 2009

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

Author(s):		Audience:	Teacher, Teacher
Edition:		Category:	
Year:	2008	Suggested Use(s):	GLO 2: Fitness Management, GLO 3: Safety, GLO 4: Personal and Social Management, GLO 5: Healthy Lifestyle, Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Mental-Emotional Health (MH), Module C: Nutrition (NU), Module D: Personal and Social Development (PS)
Pagination:	unp.		
ISBN:	0-920905-XX-1		
Format:	CD-ROM		

Publisher: Sport Books Publisher
Distributor:

Date Recommended: June 03, 2009

The World of Recreation and Fitness Leadership: Teacher's Guide

Author(s):	Leith, Patricia M., Austin, Debra L., Robertson, Jillian	Audience:	Teacher, Teacher
Edition:		Category:	
Year:	2008	Suggested Use(s):	GLO 2: Fitness Management, GLO 3: Safety, GLO 4: Personal and Social Management, GLO 5: Healthy Lifestyle, Module B: Fitness Management (FM), Physical Education/Health Education, Module C: Mental-Emotional Health (MH), Module C: Nutrition (NU), Module D: Personal and Social Development (PS)
Pagination:	669 p		
ISBN:	978-0-920905-14-2		
Format:	Print		

Publisher: Sport Books Publisher
Distributor:

Date Recommended: June 03, 2009

A U D I E N C E

Student

Exercise Science, Second Edition

Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)

Exercise Science: An Introduction to Health and Physical Education

Exercise Science: An Introduction to Health and Physical Education (Student Text)

Food for Today, First Canadian Edition

Food for Today (Student Text)

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Functional Fitness Charts: Tubing, Dumbell, Kettlebell

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Healthy Active Living

Healthy Active Living: Keep Fit, Stay Healthy, Have Fun (Student Text)

Human Sexuality

Human Sexuality (Student Edition)

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

Teacher

Adapted Games & Activities: From Tag to Team Building

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Complete Physical Education Plans for Grades 5 to 12 (includes CD-ROM)

Complete Physical Education Plans for Grades 7-12 (includes CD-ROM)

Essentials of Team Building: Principles and Practices (includes DVD)

Exercise Science, Second Edition

Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)

Exercise Science: Studying Human Movement and Health: Teacher's Guide (includes CD-ROM)

Exercise Science: An Introduction to Health and Physical Education

Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)

Food for Today, First Canadian Edition

Food for Today: Teacher's Resource (includes CD-ROM)

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Functional Fitness Charts: Tubing, Dumbell, Kettlebell

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Fundamental Movement Skills

Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Fundamental Movement Skills: The building blocks for the development of physical literacy: Beyond the Fundamentals: A Games Approach

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Healthy Active Living

Healthy Active Living: Keep Fit, Stay Healthy, Have Fun: Teacher's Manual (includes CD-ROM)

Human Sexuality

Human Sexuality: Teacher's Resource

Interdisciplinary Teaching Through Outdoor Education

It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life

Leading the Way: Youth Leadership Guide

Life Skills: 225 Ready-to-use- Health Activities for Success and Well-Being

Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates

Pedometer Power: Using Pedometers in School and Community

Performance-Based Assessment for Middle and High School Physical Education

Physical Education Assessment Toolkit (includes CD-ROM)

Professional and Student Portfolios for Physical Education

Quality Lesson Plans for Secondary Physical Education (includes CD-ROM)

Teaching Physical Activity: Change, Challenge, and Choice

Teaching Responsibility Through Physical Activity

Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)

Tools for Teaching Health

Walking Games and Activities: 40 new ways to make fitness fun

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

GRADE

Grade 9

Adapted Games & Activities: From Tag to Team Building

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Essentials of Team Building: Principles and Practices (includes DVD)

Exercise Science, Second Edition

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 (includes CD-ROM)

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Functional Fitness Charts: Tubing, Dumbbell, Kettlebell

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Fundamental Movement Skills

Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Fundamental Movement Skills: The building blocks for the development of physical literacy: Beyond the Fundamentals: A Games Approach

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Healthy Active Living

Healthy Active Living: Keep Fit, Stay Healthy, Have Fun (Student Text)

Healthy Active Living: Keep Fit, Stay Healthy, Have Fun: Teacher's Manual (includes CD-ROM)

Human Sexuality

Human Sexuality (Student Edition)

Human Sexuality: Teacher's Resource

Interdisciplinary Teaching Through Outdoor Education

Leading the Way: Youth Leadership Guide

Life Skills: 225 Ready-to-use- Health Activities for Success and Well-Being

Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates

Pedometer Power: Using Pedometers in School and Community

Physical Education Assessment Toolkit (includes CD-ROM)

Professional and Student Portfolios for Physical Education

Teaching Physical Activity: Change, Challenge, and Choice

Teaching Responsibility Through Physical Activity

Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)

Tools for Teaching Health

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)
The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations
The World of Recreation and Fitness Leadership: Teacher's Guide

Grade 10

Adapted Games & Activities: From Tag to Team Building
Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics
Essentials of Team Building: Principles and Practices (includes DVD)
Exercise Science, Second Edition
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 (includes CD-ROM)

Food for Today, First Canadian Edition
Food for Today (Student Text)
Food for Today: Teacher's Resource (includes CD-ROM)

Functional Fitness Charts
Functional Fitness Charts: Body Weight: Everyday Equipment
Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball
Functional Fitness Charts: Tubing, Dumbbell, Kettlebell
Functional Fitness Charts: Yoga II: Mind, Body, Soul

Fundamental Movement Skills
Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Healthy Active Living
Healthy Active Living: Keep Fit, Stay Healthy, Have Fun (Student Text)
Healthy Active Living: Keep Fit, Stay Healthy, Have Fun: Teacher's Manual (includes CD-ROM)

Human Sexuality
Human Sexuality (Student Edition)
Human Sexuality: Teacher's Resource

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Teaching Physical Activity: Change, Challenge, and Choice

Teaching Responsibility Through Physical Activity
Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)
Tools for Teaching Health
The World of Recreation and Fitness Leadership
The World of Recreation and Fitness Leadership (Student Text)
The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations
The World of Recreation and Fitness Leadership: Teacher's Guide

Grade 11

Adapted Games & Activities: From Tag to Team Building
Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics
Complete Physical Education Plans for Grades 5 to 12 (includes CD-ROM)
Complete Physical Education Plans for Grades 7-12 (includes CD-ROM)
Essentials of Team Building: Principles and Practices (includes DVD)
Exercise Science, Second Edition
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
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Exercise Science: An Introduction to Health and Physical Education
Exercise Science: An Introduction to Health and Physical Education (Student Text)
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Functional Fitness Charts: Tubing, Dumbbell, Kettlebell
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The World of Recreation and Fitness Leadership (Student Text)
The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations
The World of Recreation and Fitness Leadership: Teacher's Guide

Grade 12

Adapted Games & Activities: From Tag to Team Building
Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics
Complete Physical Education Plans for Grades 5 to 12 (includes CD-ROM)
Complete Physical Education Plans for Grades 7-12 (includes CD-ROM)
Essentials of Team Building: Principles and Practices (includes DVD)
Exercise Science, Second Edition
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 (includes CD-ROM)
Exercise Science: An Introduction to Health and Physical Education
Exercise Science: An Introduction to Health and Physical Education (Student Text)
Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)
Food for Today, First Canadian Edition
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Functional Fitness Charts
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Functional Fitness Charts: Tubing, Dumbbell, Kettlebell
Functional Fitness Charts: Yoga II: Mind, Body, Soul
Fundamental Movement Skills
Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits
Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents

(includes CD-ROM)

Interdisciplinary Teaching Through Outdoor Education

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The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

SUGGESTED USE

GLO 1: Movement

Adapted Games & Activities: From Tag to Team Building

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Essentials of Team Building: Principles and Practices (includes DVD)

Exercise Science, Second Edition

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 (includes CD-ROM)

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Functional Fitness Charts: Tubing, Dumbell, Kettlebell

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Fundamental Movement Skills

Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Interdisciplinary Teaching Through Outdoor Education

Pedometer Power: Using Pedometers in School and Community

Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)

GLO 2: Fitness Management

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Essentials of Team Building: Principles and Practices (includes DVD)

Exercise Science, Second Edition

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 (includes CD-ROM)

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Functional Fitness Charts: Tubing, Dumbell, Kettlebell

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Fundamental Movement Skills

Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Healthy Active Living

Healthy Active Living: Keep Fit, Stay Healthy, Have Fun (Student Text)

Healthy Active Living: Keep Fit, Stay Healthy, Have Fun: Teacher's Manual (includes CD-ROM)

Pedometer Power: Using Pedometers in School and Community

Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

GLO 3: Safety

Adapted Games & Activities: From Tag to Team Building

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Essentials of Team Building: Principles and Practices (includes DVD)

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Functional Fitness Charts: Tubing, Dumbell, Kettlebell

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Fundamental Movement Skills

Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

GLO 4: Personal and Social Management

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Essentials of Team Building: Principles and Practices (includes DVD)

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Leading the Way: Youth Leadership Guide

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)
The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations
The World of Recreation and Fitness Leadership: Teacher's Guide

GLO 5: Healthy Lifestyle

Essentials of Team Building: Principles and Practices (includes DVD)
Exercise Science, Second Edition
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 (includes CD-ROM)
Food for Today, First Canadian Edition
Food for Today (Student Text)
Food for Today: Teacher's Resource (includes CD-ROM)
Healthy Active Living
Healthy Active Living: Keep Fit, Stay Healthy, Have Fun (Student Text)
Healthy Active Living: Keep Fit, Stay Healthy, Have Fun: Teacher's Manual (includes CD-ROM)
Human Sexuality
Human Sexuality (Student Edition)
Human Sexuality: Teacher's Resource
Tools for Teaching Health
The World of Recreation and Fitness Leadership
The World of Recreation and Fitness Leadership (Student Text)
The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations
The World of Recreation and Fitness Leadership: Teacher's Guide

Health Education

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)
Human Sexuality
Human Sexuality (Student Edition)
Human Sexuality: Teacher's Resource
Leading the Way: Youth Leadership Guide
Life Skills: 225 Ready-to-use- Health Activities for Success and Well-Being
Tools for Teaching Health

Mathematics

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment
Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball
Functional Fitness Charts: Tubing, Dumbell, Kettlebell
Functional Fitness Charts: Yoga II: Mind, Body, Soul

Module B: Fitness Management (FM)

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Essentials of Team Building: Principles and Practices (includes DVD)

Exercise Science, Second Edition

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 (includes CD-ROM)

Exercise Science: An Introduction to Health and Physical Education

Exercise Science: An Introduction to Health and Physical Education (Student Text)

Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)

Interdisciplinary Teaching Through Outdoor Education

Pedometer Power: Using Pedometers in School and Community

Quality Lesson Plans for Secondary Physical Education (includes CD-ROM)

Walking Games and Activities: 40 new ways to make fitness fun

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

Module C: Mental-Emotional Health (MH)

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Pedometer Power: Using Pedometers in School and Community

Tools for Teaching Health

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

Module C: Nutrition (NU)

Exercise Science, Second Edition

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 (includes CD-ROM)

Exercise Science: An Introduction to Health and Physical Education

Exercise Science: An Introduction to Health and Physical Education (Student Text)

Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)

Food for Today, First Canadian Edition

Food for Today (Student Text)

Food for Today: Teacher's Resource (includes CD-ROM)

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Pedometer Power: Using Pedometers in School and Community

Tools for Teaching Health

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

Module D: Personal and Social Development (PS)

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Essentials of Team Building: Principles and Practices (includes DVD)

Exercise Science, Second Edition

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 (includes CD-ROM)

Leading the Way: Youth Leadership Guide

The World of Recreation and Fitness Leadership

The World of Recreation and Fitness Leadership (Student Text)

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

The World of Recreation and Fitness Leadership: Teacher's Guide

Module D: Social Impact of Sport (SI)

Exercise Science, Second Edition

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 (includes CD-ROM)

Exercise Science: An Introduction to Health and Physical Education

Exercise Science: An Introduction to Health and Physical Education (Student Text)

Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)

Module E: Healthy Relationships (HR)

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Tools for Teaching Health

Module E: Substance Use and Abuse Prevention (SU)

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Tools for Teaching Health

Physical Education

Adapted Games & Activities: From Tag to Team Building

Complete Physical Education Plans for Grades 5 to 12 (includes CD-ROM)

Complete Physical Education Plans for Grades 7-12 (includes CD-ROM)

Functional Fitness Charts

Functional Fitness Charts: Body Weight: Everyday Equipment

Functional Fitness Charts: Medicine Ball, Stability Ball, Reaction Ball

Functional Fitness Charts: Tubing, Dumbbell, Kettlebell

Functional Fitness Charts: Yoga II: Mind, Body, Soul

Fundamental Movement Skills

Fundamental Movement Skills: The building blocks for the development of physical literacy: Alternative Activities and Pursuits

Fundamental Movement Skills: The building blocks for the development of physical literacy: Beyond the Fundamentals: A Games Approach

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It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life

Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates

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