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# Health Education Resources: Kindergarten to Senior 2

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Zachary's Ball

### Grade 1

Adapted Physical Education and Sport  
Ballerinas Don't Wear Glasses  
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The c.a.r.e. Kit (Challenge Abuse through Respect Education)  
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### Grade 2

Adapted Physical Education and Sport  
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Franklin Forgets  
Franklin Goes to the Hospital  
Franklin's Bicycle Helmet  
Hi New Baby!  
KIDnastics®: A Child-Centered Approach to Teaching  
Let the Games Begin!  
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 1

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## Grade 2 (continued)

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Zachary's Ball

## Grade 3

Adapted Physical Education and Sport  
Ballerinas Don't Wear Glasses  
The c.a.r.e. Kit (Challenge Abuse through Respect Education)  
Chuck in the City  
Citizenship and Personal, Social and Health Education Book 2 (Pupil Book - Grade 3)  
Citizenship and Personal, Social and Health Education Teachers' Resource Book 2 (Grade 3)  
Game Skills: A Fun Approach to Learning Sport Skills  
KIDnastics®: A Child-Centered Approach to Teaching  
Kids in the Know Safety Curriculum  
Let the Games Begin!  
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Student Book  
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters  
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition

Ontario Health and Physical Education Curriculum Support: Grade 3  
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Zachary's Ball

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Adapted Physical Education and Sport  
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Chuck in the City  
Citizenship and Personal, Social and Health Education Book 3 (Pupil Book - Grade 4)  
Citizenship and Personal, Social and Health Education Teachers' Resource Book 3 (Grade 4)  
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)  
First Aid: First on the Scene: The Complete Guide to First Aid and CPR  
Game Skills: A Fun Approach to Learning Sport Skills  
KIDnastics®: A Child-Centered Approach to Teaching  
Let the Games Begin!  
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book  
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters  
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition  
Ontario Health and Physical Education Curriculum Support: Grade 4  
Special Needs Science: Understanding Differences  
Treasure for Lunch  
Victoria's Smile  
Walking Games and Activities

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## Grade 4 (continued)

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

Your Health: (Student Book) Grade 4

Your Health: Assessment Guide Grade 4

Your Health: Teacher's Edition Grade 4

Your Health: Teaching Resources Grade 4

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4

Zachary's Ball

## Grade 5

Adapted Physical Education and Sport

Amazing Women Athletes

The Anger Workout Book for Teens

Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education

Bobbie Rosenfeld: The Olympian Who Could Do Everything

Character Education: 43 Fitness Activities for Community Building

Choices... F.I.T. (Fostering Independent Thinking)—A Substance Abuse Prevention Resource for Teachers Grades 4-8

Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5)

Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)

COPE for Teens (Creating Optimal Personal Experiences)

Discover Health Series: Discover Health (set of 8 audiotapes)

Discover Health Series: Discover Health Student Book

Discover Health Series: Discover Health Teacher's Edition

Discover Health Series: Life Skills: Human Body Transparencies

Discover Health Series: Teacher's Resource Library (CD-ROM)

Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary

School Nutrition and Physical Activity (includes CD-ROM)

The Esteem Theme Game

First Aid: First on the Scene: The Complete Guide to First Aid and CPR

FITNESSGRAM® 6.0 Test Kit

Game Skills: A Fun Approach to Learning Sport Skills

Guy's Guides: Chillin': A Guy's Guide to Friendship

Hi New Baby!

KIDnastics®: A Child-Centered Approach to Teaching

Kids in the Know Safety Curriculum

Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors

Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students

McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book

McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters

McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition

McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book

McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition

Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness

Ontario Health and Physical Education Curriculum Support: Grade 5

Special Needs Science: Understanding Differences

Walking Games and Activities

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 Elementary Grades 5 – 6

Your Health: (Student Book) Grade 5

Your Health: Assessment Guide Grade 5

Your Health: Teacher's Edition Grade 5

Your Health: Teaching Resources Grade 5

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5

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## Grade 6

Adapted Physical Education and Sport  
Amazing Women Athletes  
The Anger Workout Book for Teens  
Bobbie Rosenfeld: The Olympian Who Could Do Everything  
Bonnie's Fitware Task Cards: Food Card Challenge  
The Canadian Babysitter's Handbook  
Character Education: 43 Fitness Activities for Community Building  
COPE for Teens (Creating Optimal Personal Experiences)  
Discover Health Series: Discover Health (set of 8 audiotapes)  
Discover Health Series: Discover Health Student Book  
Discover Health Series: Discover Health Teacher's Edition  
Discover Health Series: Life Skills: Human Body Transparencies  
Discover Health Series: Teacher's Resource Library (CD-ROM)  
The Esteem Theme Game  
First Aid: First on the Scene: The Complete Guide to First Aid and CPR  
FITNESSGRAM® 6.0 Test Kit  
Game Skills: A Fun Approach to Learning Sport Skills  
Guy's Guides: Chillin': A Guy's Guide to Friendship  
KIDnastics®: A Child-Centered Approach to Teaching  
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors  
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students  
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Student Book  
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters  
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition  
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness  
Ontario Health and Physical Education Curriculum Support: Grade 6  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity

Special Needs Science: Understanding Differences  
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide  
Walking Games and Activities  
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide  
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)  
Your Health: (Student Book) Grade 6  
Your Health: Assessment Guide Grade 6  
Your Health: Teacher's Edition Grade 6  
Your Health: Teaching Resources Grade 6  
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6

## Grade 7

Adapted Physical Education and Sport  
Amazing Women Athletes  
The Anger Workout Book for Teens  
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education  
Bobbie Rosenfeld: The Olympian Who Could Do Everything  
The Canadian Babysitter's Handbook  
Character Education: 43 Fitness Activities for Community Building  
Chlamydia  
Choices... F.I.T. (Fostering Independent Thinking)—A Substance Abuse Prevention Resource for Teachers Grades 4-8  
COPE for Teens (Creating Optimal Personal Experiences)  
Discover Health Series: Discover Health (set of 8 audiotapes)  
Discover Health Series: Discover Health Student Book  
Discover Health Series: Discover Health Teacher's Edition  
Discover Health Series: Life Skills: Human Body Transparencies  
Discover Health Series: Teacher's Resource Library (CD-ROM)  
The Esteem Theme Game  
First Aid: First on the Scene: The Complete Guide to First Aid and CPR  
First Aid: Pocket Guide to Emergency First Aid  
FITNESSGRAM® 6.0 Test Kit

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## Grade 7 (continued)

Game Skills: A Fun Approach to Learning Sport Skills  
Guy's Guides: Chillin': A Guy's Guide to Friendship  
Health for Life 1 (Student Edition)  
Health for Life 1 Teacher's Resource (includes CD-ROM)  
Kids in the Know Safety Curriculum  
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors  
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students  
McGraw-Hill Ryerson Health Issues 7 (Student Book)  
McGraw-Hill Ryerson Health Issues 7: Teacher's Resource Guide (includes Blackline Masters CD-ROM)  
Me, My World, My Future: Parent Grams  
Me, My World, My Future: Student Guide  
Me, My World, My Future: Student Workbook  
Me, My World, My Future: Student Workbook—Teacher's Copy  
Me, My World, My Future: Teacher's Manual  
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness  
NICOteen™ Program (A Smoking Prevention Program)  
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice  
Ontario Health and Physical Education Curriculum Support: Grade 7  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity  
Special Needs Science: Understanding Differences  
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide  
Walking Games and Activities  
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)  
Why Smoking Kills  
Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

## Grade 8

Adapted Physical Education and Sport  
Amazing Women Athletes  
The Anger Workout Book for Teens  
Bobbie Rosenfeld: The Olympian Who Could Do Everything  
Bonnie's Fitware Task Cards: Food Card Challenge  
The Canadian Babysitter's Handbook  
Character Education: 43 Fitness Activities for Community Building  
COPE for Teens (Creating Optimal Personal Experiences)  
Discover Health Series: Discover Health (set of 8 audiotapes)  
Discover Health Series: Discover Health Student Book  
Discover Health Series: Discover Health Teacher's Edition  
Discover Health Series: Life Skills: Human Body Transparencies  
Discover Health Series: Teacher's Resource Library (CD-ROM)  
The Esteem Theme Game  
First Aid: First on the Scene: The Complete Guide to First Aid and CPR  
First Aid: Pocket Guide to Emergency First Aid FITNESSGRAM® 6.0 Test Kit  
Game Skills: A Fun Approach to Learning Sport Skills  
Guy's Guides: Chillin': A Guy's Guide to Friendship  
Health for Life 1 (Student Edition)  
Health for Life 1 Teacher's Resource (includes CD-ROM)  
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors  
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students  
McGraw-Hill Ryerson Health Issues 8 (Student Book)  
McGraw-Hill Ryerson Health Issues 8: Teacher's Resource Guide (includes Blackline Masters CD-ROM)  
Me, My World, My Future: Parent Grams  
Me, My World, My Future: Student Guide  
Me, My World, My Future: Student Workbook  
Me, My World, My Future: Student Workbook—Teacher's Copy  
Me, My World, My Future: Teacher's Manual

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**Grade 8 (continued)**

Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness  
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice  
Ontario Health and Physical Education Curriculum Support: Grade 8  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity  
Special Needs Science: Understanding Differences  
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide  
Walking Games and Activities  
Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

**Senior 1**

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit  
Adapted Physical Education and Sport  
Amazing Women Athletes  
The Anger Workout Book for Teens  
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education  
Bobbie Rosenfeld: The Olympian Who Could Do Everything  
Drug-Affected Demonstrator  
The Esteem Theme Game  
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  
Glencoe Health (Student Text)  
Glencoe Health Teacher's Resource Binder  
Kids in the Know Safety Curriculum  
Kinetic Anatomy  
Lifechoices: Healthy and Well: Student Book  
Lifechoices: Healthy and Well: Teacher Resource  
Lifechoices: Relationships: Student Book  
Lifechoices: Relationships: Teacher Resource

McGraw-Hill Ryerson Health Issues 9 (Student Book)  
McGraw-Hill Ryerson Health Issues 9: Teacher's Resource Guide (includes Blackline Masters CD-ROM)  
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice  
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement  
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement  
Personal Fitness: Looking Good—Feeling Good (Student Edition)  
Personal Fitness: Looking Good—Feeling Good: Teacher Edition  
Personal Fitness: Looking Good—Feeling Good: Transparencies  
Prentice Hall Health: Skills for Wellness: Classroom Manager  
Prentice Hall Health: Skills for Wellness: Color Transparencies  
Prentice Hall Health: Skills for Wellness Student Edition  
Prentice Hall Health: Skills for Wellness: Teacher's Edition  
Prentice Hall Health: Skills for Wellness: Teaching Resources  
Sex, Drugs, & Rock and Roll: A Smart Teenager's Guide  
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)  
Walking Games and Activities

**Senior 2**

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit  
Adapted Physical Education and Sport  
Amazing Women Athletes  
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education  
Bobbie Rosenfeld: The Olympian Who Could Do Everything  
Drug-Affected Demonstrator  
The Esteem Theme Game  
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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## Senior 2 (continued)

Exercise Science: Studying Human Movement and Health: Teacher's Guide  
FitFocus: Health and Physical Activity Analysis Software  
FoodFocus: Nutrition Analysis Software (Student Edition)  
FoodFocus: Nutrition Analysis Software (Teacher Edition)  
Glencoe Health (Student Text)  
Glencoe Health Teacher's Resource Binder  
Kinetic Anatomy  
Lifechoices: Healthy and Well: Student Book  
Lifechoices: Healthy and Well: Teacher Resource  
Lifechoices: Relationships: Student Book  
Lifechoices: Relationships: Teacher Resource  
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice  
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement  
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement  
Personal Fitness: Looking Good—Feeling Good (Student Edition)  
Personal Fitness: Looking Good—Feeling Good: Teacher Edition  
Personal Fitness: Looking Good—Feeling Good: Transparencies  
Prentice Hall Health: Skills for Wellness: Classroom Manager  
Prentice Hall Health: Skills for Wellness: Color Transparencies  
Prentice Hall Health: Skills for Wellness Student Edition  
Prentice Hall Health: Skills for Wellness: Teacher's Edition  
Prentice Hall Health: Skills for Wellness: Teaching Resources  
Sex, Drugs, & Rock and Roll: A Smart Teenager's Guide  
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)  
Walking Games and Activities