



TEACHER PROFESSIONAL REFERENCE:
PHYSICAL EDUCATION/HEALTH
EDUCATION GRADES K-12

A Reference for Selecting Learning
Resources

Manitoba Education and Advanced Learning Cataloguing in Publication Data

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Winnipeg, Manitoba, Canada

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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 at <www.edu.gov.mb.ca/k12/learnres/bibliographies.html>.

A C K N O W L E D G E M E N T S

Manitoba Education and Advanced Learning acknowledges the individuals involved in the review and selection of learning resources to support provincial curriculum implementation. Appreciation is also extended to school divisions within Manitoba that support teachers' participation in the review. Finally, publishers, producers, and distributors are thanked for their submission of learning resources for consideration.

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INTRODUCTION

REFERENCE FOR SELECTING LEARNING RESOURCES

Teacher Professional Reference: Physical Education/Health Education Grades K-12 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 Learning Centre Catalogue (MLRC) formerly known as the Manitoba Text Book Bureau (MTBB), and many of the titles may be borrowed from the Department's 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 Learning Resources Centre Catalogue (MLRC) *Manitoba Text Book Bureau Catalogue of Learning Resources*. For information or assistance regarding the purchase of learning resources, contact:

The Manitoba Learning Resource Centre (MLRC) formerly known as the **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

Anatomy & Kinesiology Flashcards

Author(s): Human Kinetics

Audience: Teacher

Year: 2014

Pagination: unp.

Suggested Use(s): Science

ISBN: 978-1-4504-2837-8

Format: Flash Card

Publisher: Human Kinetics Canada

Date Recommended: July 30, 2015

Distributor: Human Kinetics Canada

Subject / Grade

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

The *Anatomy & Kinesiology Flashcards* offer over 200 illustrations of the configuration and actions of musculoskeletal systems. Also available as an app for an iPhone, the cards can support both the teacher and student in identifying the names, locations and functions of the body's musculoskeletal structures and movements, particularly as they pertain to movement and fitness development.

Assessment-Driven Instruction in Physical Education: A Standards-Based Approach to Promoting and Documenting Learning (Includes Web Resource)

Author(s): Jacalyn Lund, Mary Lou Veal

Audience: Teacher

Year: 2014

Pagination: 211 p

Suggested Use(s): Physical Education

ISBN: 978-1-4504-1991-8

Format: Print

Publisher: Human Kinetics Canada

Date Recommended: July 30, 2015

Distributor: Human Kinetics Canada

Subject / Grade

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

This teacher resource has research-based information and strategies for assessing students' psychomotor, cognitive, and affective domains. It includes web resources with

an additional 129 exercises and forms as well as strategies for managing assessment and using data for formative and summative assessment.

Part I of this book is primarily concerned with planning for assessment, both long-term goals and lesson plans. Part II focuses on how to use assessment strategically and in meaning full ways by providing guidelines for setting reasonable and attainable criteria. Part III explains how to use assessment data to improve teaching and learning.

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics

Author(s): Karen A. Kaufmann, Jordan Dehline
Year: 2014
Pagination: 229 p
ISBN: 978-1-4504-4133-9
Format: Print

Audience: Teacher
Suggested Use(s): Science, Mathematics, Dance, Physical Education

Publisher: Human Kinetics Canada
Distributor: Human Kinetics Canada
Date Recommended: July 30, 2015

Subject / Grade

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

This book is intended for classroom teachers, physical education teachers and dance education teachers. Classroom and Phys Ed teachers can use these lesson plans despite not being a trained dancer. This resource contains 36 field-tested lesson plans for K-5 science and math topics such as: counting and cardinality, operations and algebraic thinking, numbers and operations, measurement and data, geometry, physical science, life science, earth and space sciences, investigation experimentation and technology (photography). Although lessons are designed for US Common Core standards, they can be adapted for local curriculum. The progression of each lesson enables students to explore, experiment, create, and kinesthetically perform their understanding of the science or math topic using a dance medium.

Discovering Dance

Author(s): Gayle Kassing
Year: 2014
Pagination: 304 p
ISBN: 978-1-4504-6886-2

Audience: Teacher
Suggested Use(s): Dance

Format: Print

Publisher: Human Kinetics Canada

Date Recommended: July 30, 2015

Distributor: Human Kinetics Canada

Subject/Grade

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

This text is designed for new or experienced teachers providing an introductory dance experience. *Discovering Dance* is divided into four parts. Part I: foundations of dance including the elements, processes, and principals that underlie all dance genres. Part II: dance genres in society including social, folk and cultural dance genres. In Part III: dance on stage such as ballet, modern dance, jazz, tap, dance entertainment forms, and dance production and performance.

Throughout each chapter are activities designed for discovery, movement, and response. Chapter portfolios are assigned at the end of each chapter. Side bars expand on topics and spotlight dance artists, personalities or companies related to chapter topics. Chapter review questions, a glossary, and website resources with extended learning activities and video clips are included to supplement instruction.

Health for Life: Includes Student Web Resources

Author(s): Karen E. McConnell, Charles B. Corbin, David E. Corbin, Terri D. Farrar

Audience: Teacher

Year: 2014

Pagination: 411 p

ISBN: 978-1-4925-0052-0

Format: Print

Date Recommended: July 30, 2015

Publisher: Human Kinetics Canada

Distributor: Human Kinetics Canada

Subject/Grade

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

While *Health For Life* is at first a student based text, it can also be used as a teacher resource to design lesson plans. Each unit is broken into chapter overviews with goals

and lessons, multiple objectives and student self-assessments. Features include Lesson Vocabulary lists with glossaries on the website, a Diverse Perspectives section, a Connect section with questions for reflection, Health Technology references, and a Consumer Corner designed to promote informed purchasing decisions of health care products. Other chapter highlights include Advocacy in Action challenges to promote such issues as recycling, Skills for Healthy Living guidelines, and questions to promote critical thinking and health-literacy. The Academic Connections section helps to formulate connections between health issues and other academic areas such as science or career education.

Units topics include: Understanding Health and Wellness, Preventing Disease and Seeking Care (chronic diseases and disabilities, mental and emotional wellness), Embracing Priority Lifestyles (nutrition, health and fitness, stress management), Building Relationships and Lifelong Health, Avoiding Destructive Habits (tobacco, alcohol, drugs and medicine), and Creating Healthy and Safe Communities (first aid, community and public health).

Health Opportunities Through Physical Education (Includes Student Web Resources)

Author(s): Charles B. Corbin, Karen E. McConnell, Guy C. Le Masurier, David E. Corbin, Terri D. Farrar
Audience: Teacher
Year: 2014
Pagination: 802 p
ISBN: 978-1-4504-9741-1
Format: Print
Publisher: Human Kinetics Canada
Date Recommended: July 30, 2015
Distributor: Human Kinetics Canada

Subject/Grade

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

This text can be used as a teacher reference to support students in becoming physically literate. It is divided into two parts. Fitness For Life focuses physical activity for lifelong fitness and health. It covers topics that include: fitness technology, fit facts, self-management, self-assessment, and science in action. Health For Life focuses on Health and wellness including making healthy decisions, skills for healthy living, healthy communication, consumer corner, and living well news.

It contains both teacher and student web based resources with interactive review questions, vocabulary pop-ups, video clips about self assessments and exercises, and expanded discussion topics.

Long-Term Athlete Development

Author(s): Istvan Balyi, Richard Way, Colin Higgs
Audience: Teacher
Year: 2014
Pagination: 286 p
ISBN: 978-07360-9218-0
Format: Print

Publisher: Human Kinetics Canada
Date Recommended: July 30, 2015
Distributor: Human Kinetics Canada

Subject/Grade

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

This resource provides the theoretical framework of Canadian Sport 4 Life's (CS4L) Long-Term Athletic Development (LTAD) model in a stage-by-stage approach for lifelong, healthy-enhancing physical activity, including the opportunity to reach for high sport performance. It brings together the large body of LTAD knowledge, including the concept of physical literacy, which can support the work of PE teachers, athletic directors and coaches in applying the LTAD lens to the school setting.

Physical Education for Homeschool, Classroom, and Recreation Settings: 102 Games with Variations

Author(s): John Byl, Bettie VanGils Kloet
Audience: Teacher
Year: 2014
Pagination: 218 p
ISBN: 978-1-4504-6777-3
Format: Print

Publisher: Human Kinetics Canada
Date Recommended: July 30, 2015
Distributor: Human Kinetics Canada

Subject/Grade

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

Authored by John Byl of Redemeer Ontario University College, *Physical Education for Homeschool, Classroom, and Recreation Settings* offers 102 games and 10 dance gymnastics activities designed for small groups. Parents, teachers, and recreation leaders can use the book to teach kids how to be physically literate and acquire social reasoning and problem-solving skills. The book contains:

- yearly K-5 lesson plans,
- a handy game finder and game modifications, and
- questions that lead to understanding the skills and concepts applied during the game.

The games are ready to use, easy and fun to play. They are grounded in American Academy of Pediatrics research on the importance of play, the Canadian Sport for Life model, physical literacy, and the Teaching Games for Understanding approach. This approach helps kids learn interpersonal, social reasoning, and problem-solving skills, which they can apply to multiple situations.

Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Author(s):	Michelle Grenier	Audience:	Teacher
Year:	2014		
Pagination:	141 p		
ISBN:	978-1-4504-1973-4		
Format:	Print		
Publisher:	Human Kinetics Canada	Date Recommended:	July 30, 2015
Distributor:	Human Kinetics Canada		

Subject/Grade

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

This resource offers strategies and tools to help teachers design physical education programming that is inclusive of children with Autism Spectrum Disorders (ASD). Practical ideas and actions are offered in planning for assessment, Individualized Education Program (IEP) and learning activities to enhance lifelong learning and motor skill for students with ASD while maintaining a curricular focus.

A U D I E N C E

Teacher

Anatomy & Kinesiology Flashcards

Assessment-Driven Instruction in Physical Education: A Standards-Based Approach to Promoting and Documenting Learning (Includes Web Resource)

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics

Discovering Dance

Health for Life: Includes Student Web Resources

Health Opportunities Through Physical Education (Includes Student Web Resources)

Long-Term Athlete Development

Physical Education for Homeschool, Classroom, and Recreation Settings: 102 Games with Variations

Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

GRADE

Kindergarten

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics
Long-Term Athlete Development
Physical Education for Homeschool, Classroom, and Recreation Settings: 102 Games with Variations
Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Grade 1

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics
Long-Term Athlete Development
Physical Education for Homeschool, Classroom, and Recreation Settings: 102 Games with Variations
Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Grade 2

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics
Long-Term Athlete Development
Physical Education for Homeschool, Classroom, and Recreation Settings: 102 Games with Variations
Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Grade 3

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics
Long-Term Athlete Development
Physical Education for Homeschool, Classroom, and Recreation Settings: 102 Games with Variations
Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Grade 4

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics
Long-Term Athlete Development
Physical Education for Homeschool, Classroom, and Recreation Settings: 102 Games with Variations
Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Grade 5

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics

Long-Term Athlete Development
Physical Education for Homeschool, Classroom, and Recreation Settings: 102
Games with Variations
Physical Education for Students with Autism Spectrum Disorders: A
Comprehensive Approach

Grade 6

Long-Term Athlete Development
Physical Education for Students with Autism Spectrum Disorders: A
Comprehensive Approach

Grade 7

Anatomy & Kinesiology Flashcards
Long-Term Athlete Development
Physical Education for Students with Autism Spectrum Disorders: A
Comprehensive Approach

Grade 8

Anatomy & Kinesiology Flashcards
Long-Term Athlete Development
Physical Education for Students with Autism Spectrum Disorders: A
Comprehensive Approach

Grade 9

Anatomy & Kinesiology Flashcards
Assessment-Driven Instruction in Physical Education: A Standards-Based
Approach to Promoting and Documenting Learning (Includes Web Resource)
Discovering Dance
Health for Life: Includes Student Web Resources
Health Opportunities Through Physical Education (Includes Student Web
Resources)
Long-Term Athlete Development
Physical Education for Students with Autism Spectrum Disorders: A
Comprehensive Approach

Grade 10

Anatomy & Kinesiology Flashcards
Assessment-Driven Instruction in Physical Education: A Standards-Based
Approach to Promoting and Documenting Learning (Includes Web Resource)
Discovering Dance
Health for Life: Includes Student Web Resources
Health Opportunities Through Physical Education (Includes Student Web
Resources)
Long-Term Athlete Development

Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Grade 11

Anatomy & Kinesiology Flashcards

Assessment-Driven Instruction in Physical Education: A Standards-Based Approach to Promoting and Documenting Learning (Includes Web Resource)

Discovering Dance

Health for Life: Includes Student Web Resources

Health Opportunities Through Physical Education (Includes Student Web Resources)

Long-Term Athlete Development

Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

Grade 12

Anatomy & Kinesiology Flashcards

Assessment-Driven Instruction in Physical Education: A Standards-Based Approach to Promoting and Documenting Learning (Includes Web Resource)

Discovering Dance

Health for Life: Includes Student Web Resources

Health Opportunities Through Physical Education (Includes Student Web Resources)

Long-Term Athlete Development

Physical Education for Students with Autism Spectrum Disorders: A Comprehensive Approach

SUGGESTED USE

Dance

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics
Discovering Dance

Mathematics

Dance Integration: 36 Dance Lesson Plans for Science and Mathematics

Physical Education

Assessment-Driven Instruction in Physical Education: A Standards-Based Approach to Promoting and Documenting Learning (Includes Web Resource)
Dance Integration: 36 Dance Lesson Plans for Science and Mathematics

Science

Anatomy & Kinesiology Flashcards
Dance Integration: 36 Dance Lesson Plans for Science and Mathematics

D I S T R I B U T O R D I R E C T O R Y

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