



PHYSICAL EDUCATION/HEALTH  
EDUCATION KINDERGARTEN TO GRADE 8  
LEARNING RESOURCES ADDENDUM

A Reference for Selecting Learning  
Resources (November 2009)

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of Education.

Manitoba Education  
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Winnipeg, Manitoba, Canada

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with copyright law. If cases are identified where this has not been done,  
please notify Manitoba Education, Citizenship and Youth. 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, Citizenship and Youth  
website at <[www.edu.gov.mb.ca/k12/learnres/bibliographies.html](http://www.edu.gov.mb.ca/k12/learnres/bibliographies.html)>.

## **ACKNOWLEDGEMENTS**

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# INTRODUCTION

## Reference for Selecting Learning Resources

*PHYSICAL EDUCATION/HEALTH EDUCATION KINDERGARTEN TO GRADE 8 LEARNING RESOURCES ADDENDUM* is a reference tool provided by Manitoba Education, Citizenship and Youth 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](mailto:mtbb@gov.mb.ca)

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

## Loans and Bookings of Learning Resources

Most of the learning resources listed in the bibliography are available to Manitoba educators from the Instructional Resources Unit (IRU) Library, Manitoba Education.

***CIRCULATION SERVICES*** – to register as a patron, renew resources and inquire about loans, contact:

***Circulation Desk:*** Instructional Resources Unit  
Manitoba Education  
1181 Portage Avenue  
Winnipeg MB R3G 0T3  
Telephone: Winnipeg: 204-945-5371  
Toll Free outside of Winnipeg – 800-282-8069 ext. 5371  
Fax: 204-945-8756  
Email: [irucirc@gov.mb.ca](mailto:irucirc@gov.mb.ca)

***REFERENCE AND INFORMATION SERVICES*** – to request print materials, kits, audio CD's and sound cassettes, and to obtain information on resources, contact:

***Reference Services:*** Instruction Resources Unit – Address Above  
Telephone: Winnipeg: 204-945-7830  
Toll Free: 800-282-8069 ext. 7830  
Fax: 204-945-8756  
Email: [iruref@gov.mb.ca](mailto:iruref@gov.mb.ca)

***MEDIA BOOKING SERVICES*** – to request VHS, DVDs and CD-ROMs, contact:

Media Booking: Instructional Resources Unit – Address Above  
Telephone: Winnipeg: 204-945-7849  
Toll Free outside Winnipeg – 800-592-7330  
Fax: 204-945-8756  
Email: [irucirc@gov.mb.ca](mailto:irucirc@gov.mb.ca)

FOR FURTHER INFORMATION ON THE IRU'S RESOURCES AND SERVICES:

Visit the online catalogue at: <http://libcat.merlin.mb.ca>  
Visit the IRU web site at: <http://libinfo.merlin.mb.ca>



## TITLES & DESCRIPTIONS



## Adapted Games & Activities: From Tag to Team Building

**Author(s):** Rouse, Pattie  
**Edition:**  
**Year:** 2004  
**Pagination:** 189 p  
**ISBN:** 978-0-7360-5432-4  
**Format:** Print

**Audience:** Teacher Professional Reference  
**Category:**  
**Suggested Use(s):** Physical Education

**Publisher:** Human Kinetics Publishers, Inc.      **Date Recommended:** July 22, 2009  
**Distributor:**

### *Subject/Grade*

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

This resource offers 80 activities and games that offer a variety of adaptations and variations for levels of learning and abilities.

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

**Author(s):** Demers, Judy  
**Edition:**  
**Year:** 2008  
**Pagination:** 156 p  
**ISBN:** 978-0-7360-7206-9  
**Format:** Print

**Audience:** Teacher Professional Reference  
**Category:**  
**Suggested Use(s):** Physical Education/Health Education

**Publisher:** Human Kinetics Publishers, Inc.      **Date Recommended:** July 22, 2009  
**Distributor:**

### *Subject/Grade*

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

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

**Author(s):** Kleinman, Isobel  
**Edition:**  
**Year:** 2001  
**Pagination:** 854 p  
**ISBN:** 978-0-7360-7123-9  
**Format:** Print/CD-ROM

**Audience:** Teacher Professional Reference

**Category:**  
**Suggested Use(s):**

**Publisher:** Human Kinetics Publishers, Inc. **Date Recommended:** November 17, 2009  
**Distributor:**

### *Subject/Grade*

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

This resource gives lessons that build from start to finish in sequential order.

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

**Author(s):** Midura, Daniel W., Glover, Donald R.  
**Edition:**  
**Year:** 2005  
**Pagination:** 229 p  
**ISBN:** 978-0-7360-5088-3  
**Format:** Print

**Audience:** Teacher Professional Reference

**Category:**  
**Suggested Use(s):** Physical Education/Health Education

**Publisher:** Human Kinetics Publishers, Inc. **Date Recommended:** July 22, 2009  
**Distributor:**

### *Subject/Grade*

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

## Interdisciplinary Teaching Through Outdoor Education

**Author(s):** Bunting, Camille J.

**Audience:** Teacher Professional Reference

**Edition:**

**Year:** 2006

**Category:**

**Pagination:** 243 p

**Suggested Use(s):** Physical Education

**ISBN:** 978-0-7360-5502-4

**Format:** Print

**Publisher:** Human Kinetics Publishers, Inc.

**Date Recommended:** July 22, 2009

**Distributor:**

### *Subject/Grade*

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

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## Leading the Way: Youth Leadership Guide

**Author(s):**

**Audience:** Teacher Professional Reference

**Edition:**

**Year:** n.d.

**Category:**

**Pagination:** unpaginated

**Suggested Use(s):** Health Education

**ISBN:** 1-895716-09-8

**Format:** Print

**Publisher:** PHE Canada

**Date Recommended:** July 22, 2009

**Distributor:**

### *Subject/Grade*

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

---

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

**Author(s):** McTavish, Sandra  
**Edition:** 1st Edition  
**Year:** 2004  
**Pagination:** 262 p  
**ISBN:** 0-7879-6959-1  
**Format:** Print

**Audience:** Teacher Professional Reference  
**Category:**  
**Suggested Use(s):** Health Education

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

**Date Recommended:** July 22, 2009

### Subject/Grade

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

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

**Author(s):** Byl, John  
**Edition:** 3rd Edition  
**Year:** 2006  
**Pagination:** 176 p  
**ISBN:** 978-0736059527  
**Format:** Print/CD-ROM

**Audience:** Teacher Professional Reference  
**Category:**  
**Suggested Use(s):** Physical Education

**Publisher:** Human Kinetics Publishers, Inc.  
**Distributor:**

**Date Recommended:** July 22, 2009

### Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
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 Professional Reference

**Edition:** Second Edition      **Category:**

**Year:** 2007      **Suggested Use(s):** Physical Education/Health Education

**Pagination:** 170 p

**ISBN:** 978-0-7360-6272-5

**Format:** Print

**Publisher:** Human Kinetics Publishers, Inc.      **Date Recommended:** July 22, 2009

**Distributor:**

### *Subject/Grade*

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

## Physical Activity and Nutrition for Health (includes CD-ROM)

**Author(s):** Hopper, Chris, Fisher, Bruce, Munoz, Kathy D.      **Audience:** Teacher Professional Reference

**Edition:**      **Category:**

**Year:** 2008      **Suggested Use(s):** Physical Education/Health Education

**Pagination:** 374 p

**ISBN:** 978-0-7360-6538-2

**Format:** Print/CD-ROM

**Publisher:** Human Kinetics Publishers, Inc.      **Date Recommended:** July 22, 2009

**Distributor:**

### *Subject/Grade*

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

## Physical Education Assessment Toolkit (includes CD-ROM)

**Author(s):** Giles-Brown, Liz  
**Edition:**  
**Year:** 2006  
**Pagination:** 280 p  
**ISBN:** 978-0-7360-5796-7  
**Format:** Print/CD-ROM

**Audience:** Teacher Professional Reference  
**Category:**  
**Suggested Use(s):** Physical Education

**Publisher:** Human Kinetics Publishers, Inc.      **Date Recommended:** July 22, 2009  
**Distributor:**

### *Subject/Grade*

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

## Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (includes CD-ROM)

**Author(s):** Carter, Jill, Wiecha, Jean L., Peterson, Karen E., Nobrega, Suzanne, Gortmaker, Steven L.  
**Edition:** Second Edition  
**Year:** 2007  
**Pagination:** 580 p  
**ISBN:** 978-0-7360-6918-2  
**Format:** Print

**Audience:** Teacher Professional Reference  
**Category:**  
**Suggested Use(s):** Physical Education/Health Education

**Publisher:** Human Kinetics Publishers, Inc.      **Date Recommended:** July 22, 2009  
**Distributor:**

### *Subject/Grade*

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

## Professional and Student Portfolios for Physical Education

**Author(s):** Melograno, Vincent J.      **Audience:** Teacher Professional Reference  
**Edition:** Second Edition  
**Year:** 2006      **Category:**  
**Pagination:** 276 p      **Suggested Use(s):** Physical Education/Health Education  
**ISBN:** 978-0-7360-5924-4  
**Format:** Print  
  
**Publisher:** Human Kinetics Publishers, Inc.      **Date Recommended:** July 22, 2009  
**Distributor:**

### *Subject/Grade*

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

## Teaching Physical Activity: Change, Challenge, and Choice

**Author(s):** Stiehl, Jim, Morris, Don, Sinclair, Christina      **Audience:** Teacher Professional Reference  
**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:** July 22, 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 Professional Reference  
**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.  
**Distributor:**

**Date Recommended:** July 22, 2009

*Subject/Grade*

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

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

**Author(s):** Griffin, Linda L., Mitchell, Stephen A., Oslin, Judith L.  
**Edition:** Second Edition  
**Year:** 2006  
**Pagination:** 547 p  
**ISBN:** 978-0-7360-5453-9  
**Format:** Print/DVD

**Audience:** Teacher Professional Reference  
**Category:**  
**Suggested Use(s):** Physical Education

**Publisher:** Human Kinetics Publishers, Inc.  
**Distributor:**

**Date Recommended:** July 22, 2009

*Subject/Grade*

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

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**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 Professional Reference  
**Category:**  
**Suggested Use(s):** Health Education

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

**Date Recommended:** July 22, 2009

*Subject/Grade*

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



# A U D I E N C E

## **Teacher Professional Reference**

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)  
Essentials of Team Building: Principles and Practices (includes DVD)  
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 Activity and Nutrition for Health (includes CD-ROM)  
Physical Education Assessment Toolkit (includes CD-ROM)  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (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

# GRADE

## Kindergarten

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)  
Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates  
Pedometer Power: Using Pedometers in School and Community  
Physical Activity and Nutrition for Health (includes CD-ROM)  
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

## Grade 1

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)  
Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates  
Pedometer Power: Using Pedometers in School and Community  
Physical Activity and Nutrition for Health (includes CD-ROM)  
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

## Grade 2

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)  
Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates  
Pedometer Power: Using Pedometers in School and Community  
Physical Activity and Nutrition for Health (includes CD-ROM)  
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

### **Grade 3**

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)  
Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates  
Pedometer Power: Using Pedometers in School and Community  
Physical Activity and Nutrition for Health (includes CD-ROM)  
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

### **Grade 4**

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)  
Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates  
Pedometer Power: Using Pedometers in School and Community  
Physical Activity and Nutrition for Health (includes CD-ROM)  
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

### **Grade 5**

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)  
Essentials of Team Building: Principles and Practices (includes DVD)  
Interdisciplinary Teaching Through Outdoor Education  
Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates  
Pedometer Power: Using Pedometers in School and Community  
Physical Activity and Nutrition for Health (includes CD-ROM)  
Physical Education Assessment Toolkit (includes CD-ROM)  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (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)

## **Grade 6**

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)  
Essentials of Team Building: Principles and Practices (includes DVD)  
Interdisciplinary Teaching Through Outdoor Education  
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 Activity and Nutrition for Health (includes CD-ROM)  
Physical Education Assessment Toolkit (includes CD-ROM)  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (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

## **Grade 7**

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)  
Essentials of Team Building: Principles and Practices (includes DVD)  
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)  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (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

## Grade 8

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)  
Essentials of Team Building: Principles and Practices (includes DVD)  
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)  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (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

# SUGGESTED USE

## Health Education

Leading the Way: Youth Leadership Guide  
Life Skills: 225 Ready-to-use- Health Activities for Success and Well-Being  
Tools for Teaching Health

## Physical Education

Adapted Games & Activities: From Tag to Team Building  
Interdisciplinary Teaching Through Outdoor Education  
Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates  
Physical Education Assessment Toolkit (includes CD-ROM)  
Teaching Physical Activity: Change, Challenge, and Choice  
Teaching Sport Concepts and Skills: A Tactical Games Approach (includes DVD)

## Physical Education/Health Education

Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics  
Essentials of Team Building: Principles and Practices (includes DVD)  
Pedometer Power: Using Pedometers in School and Community  
Physical Activity and Nutrition for Health (includes CD-ROM)  
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (includes CD-ROM)  
Professional and Student Portfolios for Physical Education  
Teaching Responsibility Through Physical Activity

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