
Physical Education Resources: Kindergarten to Senior 2

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Grade Group: K - 4

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Children Moving: A Reflective Approach to Teaching Physical Education
Chuck in the City
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
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Franklin's Bicycle Helmet
Game Skills: A Fun Approach to Learning Sport Skills
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Movement ABCs: An Inclusive Guide to Stimulating Language Development
Moving with a Purpose: Developing Programs for Preschoolers of All Abilities
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Physical Activities for Improving Children's Learning and Behavior: A Guide to Sensory Motor Development
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Sports in Action: Volleyball in Action
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Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
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Grade Group: K - 8

Assessment Strategies for Elementary Physical Education
Best New Games
Bonnie's Fitware Task Cards: Band-Based Exercises
Bonnie's Fitware Task Cards: Basic Skills Task Cards
Bonnie's Fitware Task Cards: Bone Task Cards
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Bonnie's Fitware Task Cards: Long Rope Task Cards
Bonnie's Fitware Task Cards: Problem Solving Activities
Bonnie's Fitware Task Cards: Short Rope Task Cards
Bonnie's Fitware Task Cards: Swimming Task Cards
Building More Dances: Blueprints for Putting Movements Together
Changing Kids' Games
Co-Ed Recreational Games
Cooperative Learning in Physical Education
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
Fitness Education for Children: A Team Approach
Game On!
Juggling: From Start to Star
Kids on the Ball: Using Swiss Balls in a Complete Fitness Program
Multicultural Folk Dance Treasure Chest
Multicultural Games
Pedometer Power: 67 Lessons for K-12

Grade Group: K - 8 (continued)

Perpetual Motion: Creative Movement Exercises for Dance and Dramatic Arts
Physical Education for Children: Daily Lesson Plans for Elementary School
Physical Education Methods for Classroom Teachers
Physical Education Tips from the Trenches
Premier's Sport Award Program: Badminton: Teaching the Basics Resource Manual
Premier's Sport Award Program: Basketball: Teaching the Basics Resource Manual
Premier's Sport Award Program: Curling: Teaching the Basics Resource Manual
Premier's Sport Award Program: Disc Sports: Teaching the Basics Resource Manual
Premier's Sport Award Program: Field Hockey: Teaching the Basics Resource Manual
Premier's Sport Award Program: Golf: Teaching the Basics Resource Manual
Premier's Sport Award Program: Gymnastics: Teaching the Basics Resource Manual
Premier's Sport Award Program: Ice Skating: Teaching the Basics Resource Manual
Premier's Sport Award Program: Orienteering: Teaching the Basics Resource Manual
Premier's Sport Award Program: Soccer: Teaching the Basics Resource Manual
Premier's Sport Award Program: Softball: Teaching the Basics Resource Manual
Premier's Sport Award Program: Track and Field: Teaching the Basics Resource Manual
Premier's Sport Award Program: Volleyball: Teaching the Basics Resource Manual
Run, Jump, Throw...and Away We Go!
Special Needs Science: Understanding Differences
Step Lively 2: Canadian Dance Favourites (includes CD)
Step Lively: Dances for Schools and Families (includes CD)
Teaching Children Physical Education: Becoming a Master Teacher (includes CD-ROM with video clips)
Teaching FUNdamental Gymnastics Skills
Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach
Walking Games and Activities
Warming Up and Cooling Down: Practical Ideas for Ensuring a Fun and Beneficial Exercise Experience

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide
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: Elementary Grade 5 Teaching Guide
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)

Grade Group: 5 - 8

Amazing Women Athletes
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Bonnie's Fitware Task Cards: Ball Exercises
Bonnie's Fitware Task Cards: Food Card Challenge
Bonnie's Fitware Task Cards: Middle School Standards-Based Task Cards: Grade 5 (CD-ROM)
Bonnie's Fitware Task Cards: Middle School Standards-Based Task Cards: Grade 6 (CD-ROM)
Bonnie's Fitware Task Cards: Middle School Standards-Based Task Cards: Grade 8 (CD-ROM)
Character Education: 43 Fitness Activities for Community Building
Children Moving: A Reflective Approach to Teaching Physical Education
Complete Physical Education Plans for Grades 7-12 (contains CD-ROM)
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
First Aid: Pocket Guide to Emergency First Aid FITNESSGRAM® 6.0 Test Kit
Game Skills: A Fun Approach to Learning Sport Skills
KIDnastics®: A Child-Centered Approach to Teaching
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness

Grade Group: 5 - 8 (continued)

Ontario Health and Physical Education Curriculum
Support: Grade 5

Ontario Health and Physical Education Curriculum
Support: Grade 6

Ontario Health and Physical Education Curriculum
Support: Grade 7

Ontario Health and Physical Education Curriculum
Support: Grade 8

PE-4-ME: Teaching Lifelong Health and Fitness
Performance-Based Assessment for Middle and
High School Physical Education

Physical Activities for Improving Children's
Learning and Behavior: A Guide to Sensory
Motor Development

Physical Education for Children: Daily Lesson
Plans for Middle School

Physical Education Methods for Elementary
Teachers

Planet Health: An Interdisciplinary Curriculum for
Teaching Middle School Nutrition and
Physical Activity

Play Practice: The Games Approach to Teaching
and Coaching Sports

Sport Progressions

Sports in Action: Baseball in Action

Sports in Action: Basketball in Action

Sports in Action: Hockey in Action

Sports in Action: Soccer in Action

Sports in Action: Volleyball in Action

Strategies for Inclusion: A Handbook for Physical
Educators

Teaching Middle School Physical Education: A
Standards-Based Approach for Grades 5-8

Teaching Sport Concepts and Skills: A Tactical
Games Approach

Whether in, on, or around Water: Safety before
Fun Series: Water Smart / Aqua Bon
Elementary Grades 5 - 6