**Physical Education Resources**

**Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Resources:

Online:

[www.pecentral.org](http://www.pecentral.org) - Designed for physical education teachers, students, interested parents, and adults. This site has games and activities that can be taught in the gym at any level.

[www.pe4life.com](http://www.pe4life.com) - Today’s best practices in physical education to inspire and educate all students about the fundamental importance of lifetime physical activity and fitness.

[www.peuniverse.com](http://www.peuniverse.com) - This allows you to chart and view videos posted by other physical education teachers. Great site for lesson plan ideas.

[www.tahperd.us](http://www.tahperd.us) - This site has great resources of other physical education programs in the state of Tennessee.

[www.pelinks4u.org](http://www.pelinks4u.org) - Great website for physical education resources. The site contains helpful books, links, newsletters, and current events.

[www.ncperid.org/](http://www.ncperid.org/) - National Consortium for Physical Education and Recreation for Individuals with Disabilities

[www.teachnet.com](http://www.teachnet.com) - This site has fitness, health, and lesson ideas for physical education.

[www.aahperd.org](http://www.aahperd.org) - This site gives you recourses from our national organization in physical education.

[www.sportime.com](http://www.sportime.com) - Provide innovative tools to educators, which help enhance physical development, and ensure that all kids enjoy physical activity and understand the benefits of remaining active throughout their lifetime

Books:

[www.amazon.com](http://www.amazon.com) - “Ready to Use Motor Skills & Movement Station Lesson Plans for Young Children”

# [www.amazon.com](http://www.amazon.com) - The Physical Educator's Big Book Of Sport Lead-up Games: A Complete K-8 Sourcebook Of Team and Lifetime Sport Activities For Skill Development, Fitness and Fun!

# [www.amazon.com](http://www.amazon.com) - No Standing Around in My Gym: Lesson plans, games, and teaching tips for elementary physical education

**Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.**

Resources:

Online:

[www.pecentral.org](http://www.pecentral.org) - Designed for physical education teachers, students, interested parents, and adults. This site has games and activities that can be taught in the gym at any level.

[www.pe4life.com](http://www.pe4life.com) - Today’s best practices in physical education to inspire and educate all students about the fundamental importance of lifetime physical activity and fitness.

[www.peuniverse.com](http://www.peuniverse.com) - This allows you to chart and view videos posted by other physical education teachers. Great site for lesson ideas.

[www.tahperd.us](http://www.tahperd.us) - This site has great resources of other physical education programs in the state of Tennessee.

[www.pelinks4u.org](http://www.pelinks4u.org) - Great website for physical education resources. The site contains helpful books, links, newsletters, and current events.

[www.ncperid.org/](http://www.ncperid.org/) - National Consortium for Physical Education and Recreation for Individuals with Disabilities

[www.teachnet.com](http://www.teachnet.com) - This site has fitness, health, and lesson ideas for physical education.

[www.sportime.com](http://www.sportime.com) - provide innovative tools to educators, which help enhance physical development, and ensure that all kids enjoy physical activity and understand the benefits of remaining active throughout their lifetime

Books:

# [www.amazon.com](http://www.amazon.com) - No Standing Around in My Gym: Lesson plans, games, and teaching tips for elementary physical education

[www.amazon.com](http://www.amazon.com) - Performance-Based Assessment for Middle and High School Physical Education

# [www.amazon.com](http://www.amazon.com) - Assessment Strategies for Elementary Physical Education

**Standard 3: Participates regularly in physical activity.**

Resources:

Online:

[www.sikids.com](http://www.sikids.com) - Sports Illustrated has designed this site for intermediate and middle school aged children interested in the latest information on the hottest sports. The site includes news clips. Puzzles, sports games, comics, and more

[www.mypyramid.gov](http://www.mypyramid.gov) - This site will help you integrate nutrition, food groups, and classroom activities.

[www.pe4life.com](http://www.pe4life.com) - Today’s best practices in physical education to inspire and educate all students about the fundamental importance of lifetime physical activity and fitness.

[www.tahperd.us](http://www.tahperd.us) - This site has great resources of other physical education programs in the state of Tennessee.

[www.fda.gov/oc/opacom/kids/](http://www.fda.gov/oc/opacom/kids/) - This site contain information on dealing with health and safety topics. The Food and Drug Administration sponsor this.

[www.pecentral.org](http://www.pecentral.org) - designed for physical education teachers, students, interested parents, and adults. This site has games and activities that can be taught in the gym at any level.

[www.peuniverse.com](http://www.peuniverse.com) - This allows you to chart and view videos posted by other physical education teachers. Great site for lesson ideas.

<http://www.fueluptoplay60.com/> - Fuel Up to Play 60 is a fun, interactive program that allows you to decide how to make your school an even healthier place. You can put your ideas and plans into action to help everyone eat healthy and get active.

<http://www.cedu.niu.edu/~shumow/itt/ParticipationPhysical%20Education.pdf>

This site helps teachers get students to participate in physical education.

<http://school.discoveryeducation.com/schrockguide/health/fitness.html> - This site contains charter education, BMI calculators, nutrition, and much more.

Books:

# [www.amazon.com](http://www.amazon.com) - P.E. Games & Activities Kit for Grades 6-12: Over 250 Games to Put New Variety and Challenge into Your Physical Education Program

**Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**

Resources:

Online:

[www.fitnessgram.com](http://www.fitnessgram.com) - Fitness assessment and reporting program for youth. The **assessment** includes a variety of health-related physical fitness tests that assess aerobic capacity; muscular strength, muscular endurance, and flexibility; and body composition. Scores from these assessments are compared to Healthy Fitness Zone standards to determine students' overall physical fitness and suggest areas for improvement when appropriate.

[www.pecentral.org](http://www.pecentral.org) - Designed for physical education teachers, students, interested parents, and adults. This site has games and activities that can be taught in the gym at any level.

<http://rubrics4teachers.com/> - This website has rubrics of assessing students in physical education.

[www.mypyramid.gov](http://www.mypyramid.gov) - This site will help you integrate nutrition, food groups, and classroom activities.

<http://www.fueluptoplay60.com/> - Fuel Up to Play 60 is a fun, interactive program that allows you to decide how to make your school an even healthier place. You can put your ideas and plans into action to help everyone eat healthy and get active.

[www.pesoftware.com/technews/news.html](http://www.pesoftware.com/technews/news.html)Newsletter provides physical educators and health educators with the latest information on using technology in physical education.

[www.cdc.gov](http://www.cdc.gov) This site offers a broad range of current information on health and wellness and is an excellent source of quality information for students and teachers.

[www.ashaweb.org](http://www.ashaweb.org)The professional organization for health educators.

[www.kidshealth.org](http://www.kidshealth.org) **-** Parents. Children, teens, and professionals find answers to commonly asked health questions. Topics include the benefits of different types of vitamins, the food pyramid, healthy children's recipes, how to read food labels, and keeping fit.

Books:

[www.amazon.com](http://www.amazon.com) Performance-Based Assessment for Middle and High School Physical Education

# [www.amazon.com](http://www.amazon.com) - Assessment Strategies for Elementary Physical Education

# [www.amazon.com](http://www.amazon.com) No Gym? No Problem! - Physical Activities for Tight Spaces

# [www.amazon.com](http://www.amazon.com) - Performance-Based Assessment for Middle and High School Physical Education-2nd Edition

**Standard 5: Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.**

Resources:

Online:

[www.pecentral.org](http://www.pecentral.org) - Designed for physical education teachers, students, interested parents, and adults. This site has games and cooperative activities that can be taught in the gym at any level.

[www.discoveryeducation.com](http://www.discoveryeducation.com) - Site contains charter education.

<http://www.fueluptoplay60.com/> - Fuel Up to Play 60 is a fun, interactive program that allows you to decide how to make your school an even healthier place. You can put your ideas and plans into action to help everyone eat healthy and get active.

[www.cdc.gov](http://www.cdc.gov) This site offers a broad range of current information on health and wellness and is an excellent source of quality information for students and teachers.

[www.ashaweb.org](http://www.ashaweb.org)The professional organization for health educators.

[www.kidshealth.org](http://www.kidshealth.org) **-** Parents. Children, teens, and professionals find answers to commonly asked health questions. Topics include the benefits of different types of vitamins, the food pyramid, healthy children's recipes, how to read food labels, and keeping fit.

Books:

# [www.amazon.com](http://www.amazon.com) - Cooperative Learning in Physical Education

**Standard 6: Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

Resources:

Online

[www.pecentral.org](http://www.pecentral.org) - Designed for physical education teachers, students, interested parents, and adults. This site has games and activities that can be taught in the gym at any level.

[www.pe4life.com](http://www.pe4life.com) - Today’s best practices in physical education to inspire and educate all students about the fundamental importance of lifetime physical activity and fitness. [www.sikids.com](http://www.sikids.com) - Sports Illustrated has designed this site for intermediate and middle school aged children interested in the latest information on the hottest sports. The site includes news clips. Puzzles, sports games, comics, and more

[www.cdc.gov](http://www.cdc.gov) This site offers a broad range of current information on health and wellness and is an excellent source of quality information for students and teachers.

[www.ashaweb.org](http://www.ashaweb.org)The professional organization for health educators.

[www.kidshealth.org](http://www.kidshealth.org) **-** Parents. Children, teens, and professionals find answers to commonly asked health questions. Topics include the benefits of different types of vitamins, the food pyramid, healthy children's recipes, how to read food labels, and keeping fit.

[www.ualberta.ca/healthinfo](http://www.ualberta.ca/healthinfo) **-** Provides access to free interactive software that teaches about various health topics relevant to young adults.

Books:

# [www.amazon.com](http://www.amazon.com) - [Lifetime Physical Fitness and Wellness](http://www.amazon.com/Lifetime-Physical-Fitness-Wellness-Hoeger/dp/0495012025/ref=cm_cr_pr_product_top)