

# Health/PE Resources

Below is a document the GCA teachers have put together that is filled with Health and PE resources. GCA students are required to complete 30 hours (maximum) of Health and 60 hours(maximum) of PE during the school year. These are not teacher supported classes. GCA and K12 do not provide a Health or PE curriculum so that is why the teachers have put this together for families. Please know that these are just *suggested* web sites, books and videos and that you can use any of your own Health/PE resources you have or find. All links were verified as accurate on 7/12/16 but occasionally websites become inactive. We apologize if you find any links do not work.

**Disclaimer: Certain links/materials contain subject matter not every parent chooses for their students to study. We strongly recommend that the Learning Coach make certain the link/material is appropriate for their student.**

## Health Websites

### **Learn To Be Healthy**

<http://www.learntobehealthy.org/kids>

This website offers great health related games and information on topics such as nutrition, adolescence and the five senses. You will also have access to many other health related resources such as recipes and health tips directly from this site. Students will need to register and have an email account in order to login.

### **Kids Health for Kids**

<http://www.kidshealth.org/kid>

This website allows students to explore ways to keep their bodies, minds, and insect bites clean and healthy! Students can research recipes, ways to deal with feelings and even how to prevent mosquito bites. There are exciting games as well as a kid friendly medical terminology glossary. Also available in Espanol!

### **Children, Youth, and Women's Health Services**

<http://www.cyh.com/SubDefault.aspx?p=255>

This website has a wealth of health and practical information for everyone in the family. You'll find great recipes, kid friendly solution to common problems and concerns as well as great interactive games.

### **Children's Hospital of Philadelphia children's website**

<http://kidshealthgalaxy.com/>

Take a tour of a 'children's hospital' and meet the staff. Children can explore the many floors of the hospital as well as learn the terminology used. You can even sneak into a doctor's bag of tools and supplies. This great website is very interactive and fun!

### **National Institute of Environmental Health Sciences**

<http://kids.niehs.nih.gov/games/>

The NIEHS has developed this site to help kids make the connection between the environment and their health. The Read all about it! page covers lots of information on environmental health, and the rest of the site brings together jokes and riddles, games and activities, art and word puzzles, and even a section on rewarding careers in the environmental health sciences. This page is more for fun and reinforcement than introduction of new material.

### **Colgate Kid's World**

<http://www.colgate.com/app/Kids-World/US/HomePage.cvsp>

Do you want to save your children's teeth from the plague monster? Take them to this outstanding site to learn about healthy, pearly whites! You can play teeth related puzzle games as well as print a teeth- brushing chart.

### **Children's First For Health**

<http://www.firstaidquiz.com/viewnews.php?blog=395>

Has your child broken a bone? About to spend time in a doctor's office or hospital? Or have general questions about various conditions and procedures? This website will allow your child to read real stories written by children their age about their medical journeys! The stories are very kid and teen friendly. There are also health related games, contest, and a "doctor" that answers kids basic questions in funny yet informative ways!

### **The National Center for Environmental Health**

<http://www.cdc.gov/nceh/kids/>

This site will help children understand what important jobs are done to keep the world safe and healthy! Students can learn what steps are taken in a natural disaster, how cruise ships and airplanes are made safe for vacations as well as learning about babies and children born with birth defects.

### **Medtropolis**

<http://www.medtropolis.com/kidshealth.asp>

Kids and teens alike have health, body, and medicine questions. This site will help you answer some of these questions through informative articles. Teens can get information about college, jobs, peer pressure, exercise, and even great recipes- like 15-minute salmon!

### **Action Hero Alliance**

<http://www.adcouncil.org/Our-Campaigns/Education>

## **COMBINED: P.E./Health Sites**

### **Dole 5 a Day**

<http://www.dole5aday.com>

This is a great website to teach about nutrition. Students can create and print out fun, personalized recipes, learn the history of fruits and vegetables using the online fruit and veggie encyclopedia, and play nutrition games. This site also has a plethora of information for parents, including healthy recipes! K-5

### **All Systems Are Go!**

<http://www.sciencenetlinks.com/interactives/systems.html>

Arnold is missing a number of body parts. Students are presented with a body system and a variety of organs. Students drag and drop all the organs that belong in that particular body system to Arnold's body. Once all four systems are complete, a clothed Arnold will appear. But if students drag in an organ that doesn't belong, all the organs pop out and students have to start that system over.

### **BrainPOP Health**

<http://www.brainpop.com/health/>

This cutting-edge Web site offers teachers and students a multitude of health topics. Each topic opens up a new window complete with an animated video and follow-up activities. Links to science, technology, and a site search add to the value of this site.

### **Drug Abuse Resistance Education (D.A.R.E.)**

<http://www.dare.org/>

This site offers lots of material that reinforces the D.A.R.E. message. Areas that promote a positive self-concept, sections that encourage kids to say "No" to drug use, and lists of activities to keep boredom away enhance the program. The site, which uses Flash technology to rev up its page, also has areas for educators and parents.

### **Explore Your Dream World**

<http://library.thinkquest.org/C005545/>

This ThinkQuest entry takes the viewer through an exploration of sleep and how it can affect health. The site has worthwhile sections on both sleep and dreams, and the segment on sleep and health does a first-rate job of presenting common issues such as snoring, sleeplessness, and nightmares. The interactive corner offers the opportunity for discussion and dream analysis that is ideal for secondary students, and the teaching resources section offers activity ideas and links to supplement the site.

### **The Food Timeline**

<http://www.foodtimeline.org/>

Have you taught students about the food pyramid? Did you cover the food groups and healthful diets? Are you looking for a new and different way to approach nutrition? This interactive time line offers you and your students all kinds of perspective on how foods have evolved throughout the ages -- from salt and bread to Spam and Flutie Flakes! Did you realize canned tuna was first made in 1903 or that Grey Poupon dijon mustard dates back to 1777? Imagine the implications across the curriculum in your classroom!

### **Health Smart**

<http://www.gphealthsmart.com/>

Georgia-Pacific presents this site to involve students in their own education about germs, hygiene, and good safety practices. The virtual home is a great place where children can experience germ "hot spots" around the house. And the list of lesson plans in .pdf format makes

life much easier for teachers who are teaching about hygiene and healthful choices in the classroom.

**The following websites are a great way to introduce and discuss these topics with your child!!!!**

### **Abduction Prevention Program**

[www.escapeschool.com](http://www.escapeschool.com)

Great website for parents and kids!! Topics include “Abduction, Kids and Guns, General Safety, and Internet safety” –all of these links provide a list of articles related to each. You can even contact escape school and attend a presentation with your family. When you finish exploring the site your child can take a very user friendly test and print a certificate of completion!!!!

### **National Crime Prevention Council**

<http://www.ncpc.org/>

This site is very easy to navigate, and is child and parent friendly! Check out the Topics in Crime Prevention. You will also find additional links on bullying, child abuse and neglect, child development, and child safety. These links provide access to on-line publications, books, articles, agencies and organizations.

### **Safe Kids**

[www.safekids.com](http://www.safekids.com)

This is a great link to explore “online safety” with your children. It is very important that you and your children are aware of how to be safe while using the “Information Highway”!

## **Physical Education** **(P.E.) WEBSITES**



### **KID-FIT**

[http://www.kidfitusa.com/Kid\\_Fit\\_USA/Welcome.html](http://www.kidfitusa.com/Kid_Fit_USA/Welcome.html)

KID-FIT is a well-rounded preschool exercise program for young children. Preschoolers ages 2-5 exercise much like an adult would in an aerobic class. They warm-up, stretch, do aerobic exercise to strengthen their hearts and lungs, strengthen their muscles the cooldown and stretch for improved flexibility. In addition to KID-FIT being a fun moving experience, it's an educational one as well. Children learn how to develop healthy lifestyles from early on and why it's important.

### **KIDS GAMES**

<http://www.gameskidsplay.net/>

This site gives you a list of kids' games that can be played indoors and outdoors. If you have forgotten the rules to one of your favorite childhood games, then you can definitely find it here.

## **CAN TEACH**

<http://www.canteach.ca/elementary/physed.html>

This is an actual lesson that shows children how to control the ball with their feet. It is great for a soccer unit.

## **AEROBICS DICTIONARY**

<http://www.turnstep.com/moves.html>

This particular site defines aerobics terms and gives you an illustration to help you understand the term better.

## **KIDNETIC.COM**

<http://www.kidnetic.com/>

This website is an awesome website that challenges your children to get more physical and eat right. There are quizzes, food analysis, and so much more that would help your child become more interested in physical activity.

## **PE WARMUP AND COOLING DOWN**

<http://www.teachingideas.co.uk/pe/contents.htm>

This website gives you specific tasks for warming up and cooling down during physical activity. It also tells the importance of allowing your body to warm up before an activity and cool down when you are done.

## **Books**



### ***Elementary:***

Magic School Bus Series by Joanna Cole and Bruce Degen-The Magic School Bus was a series of children's books intended to teach scientific concepts to children. They were written between 1986 and 2001 by Joanna Cole and illustrated by Bruce Degen. The most recent book was published in August 2006. The books feature the exploits of Ms. Frizzle and her class, who board a magic school bus which takes them on field trips into space, under the Earth, into the human body, or to other such impossible locations. The books were written in the first person from the point of view of an unnamed student in "the Friz's" class.-wikepedia.org

I Made It Myself!: Mud Cups, Pizza Puffs, and Over 100 Other Fun and Healthy Recipes for Kids to Make (Paperback) Sandra K. Nissenberg and Heather Nissenberg- More than 100 recipes for fun! Kids know it's more fun to eat foods they make themselves, and this book makes learning to cook a blast! Nine-year-old Heather Nissenberg and her mom put together this

collection of tasty recipes that help kids make their own snacks and even family meals. Favorites include:

- Cake for Breakfast
- Purple Cow
- Sailing Tuna Boats
- Bug Bites
- Monkey Bread
- Mini Chicken Cheeseburgers

With lots of fun food jokes, kitchen crafts, and tips for kitchen safety and healthy eating, kids will have a great time learning their way around the kitchen! Amazon.com

There Was an Old Woman Who Swallowed a Fly by Michael Kohn and David Weiner- In Taback's (Joseph Had a Little Overcoat) ingenious take on the cumulative tale, there's a die-cut hole where the old lady's stomach should be, so the audience can see where everything she swallows ends up. What's more, the hole grows bigger to accommodate the increasing gastro-population by the tale's end, it's the size and shape of the horse that causes her demise. – Publisher's Weekly

American Girl's The Care and Keeping of You –by Valorie Schaefer and Norm Bendell This bestselling guide answers all the questions growing girls have about their bodies - from hair care to healthy eating, bad breath to bra buying, pimples to periods. It offers guidance about basic hygiene and health without addressing issues of sexuality. Amazon.com

Dear Tooth Fairy by Alan Durant, Vanessa Cabban- A great book to share with children going through or about to go through the loosing teeth stage. Dear Tooth Fairy is an excellent book to share during Dental Health Month and to integrate with a writing lesson. A good follow up is to have students write a pretend letter to the tooth fairy.

Brush Your Teeth Please by Leslie McGuire, Jean Pidgeon- What child can resist imitating a chimp brushing its teeth back and forth? Or a shark that flosses every day? Youngsters will have lots of fun learning about proper dental hygiene in this delightful pop-up book.

Throw Your Tooth on the Roof by Selby Beeler- Travel around the world and discover the surprising things children do when they lose a tooth. Selby B. Beeler spent years collecting traditions from every corner of the globe for this whimsical book, and G. Brian Karas adds to the fun, filling every page with humorous detail. He perfectly captures the excitement and pride that children experience when a tooth falls out.

Ready-To-Use P. E. Activities for Grades K-2 (Ready-To-Use Physical Education Activities) (Paperback) Joanne M. Landy and Maxwell J. Landy This is VOLUME 1 of a planned 4-VOLUME SERIES called COMPLETE PHYSICAL EDUCATION ACTIVITIES PROGRAM, designed to help K-9 classroom teachers and P.E. specialists prepare and teach interesting, fun-packed physical education lessons in a sequential co-educational program. Each volume provides over 500 illustrated, easy-to-use activities organized into 8 modules for quick lesson preparation:

Introductory Activities, Fitness Activities, Movement Awareness, Rhythms & Dance, Gymnastics, Game Skills, Special Games, and Closing Activities.

Ready-To-Use P.E. Activities for Grades 5-6 (Paperback) Joanne Landy and Maxwell Landy – Great physical education activities for any educator for use in grades 5-6.

Ready-To-Use P.E. Activities for Grades 3-4 (Paperback) Joanne Landy and Maxwell Landy- Physical education activities for any educator for use in Grades 3-4

### *Middle School:*

CUT by Patricia McCormick- Burdened with the pressure of believing she is responsible for her brother's illness, 15-year-old Callie begins a course of self-destruction that leads to her being admitted to Sea Pines, a psychiatric hospital the "guests" refer to as Sick Minds. Although initially she refuses to speak, her individual and group therapy sessions trigger memories and insights. Slowly, she begins emerging from her miserable silence, ultimately understanding the role her dysfunctional family played in her brother's health crisis.

The Teen Health Book: A Guide to Adolescent Health and Well-Being by Ralph I., M.D. Lopez, Kate Kelly, and Ralph I. Lopez-A practicing specialist in adolescent medicine and professor at Weill Medical College of Cornell University, Lopez covers key health issues affecting teenagers, such as the physical and emotional changes of puberty, eating habits, sex, sleep deprivation and more.

### *All Ages:*

Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath -This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength, flexibility, emotional calm, and self-expression. The games involve relaxation, trust, and cooperation. Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons, rain, snow, and animals.

Teaching Today's Health (8th Edition) (Paperback)

by David Anspaugh and Gene Ezell- Teaching Today's Health, Eighth Edition, balances comprehensive theory chapters with a wealth of effective classroom activities to give readers the tools they need to become successful health educators. In addition to an enhanced design, the Eighth Edition has been thoroughly updated to address current health issues in the classroom and to accommodate the National Health Education Standards. More than a simple collection of lesson plans, this book's strong background and depth in teaching prepares the reader for today's teaching environment. In addition to addressing the increased diversity of today's classroom, this text also offers ways to incorporate health education with other subjects, like science or social studies.

The Ultimate Homeschool Physical Education Game Book: Fun & Easy-To-Use Games & Activities To Help You Teach Your Children Fitness, Movement & Sport Skills (Paperback) Guy Bailey- Written for homeschooling families looking to supplement their PE programs with a wider range of activities that can be used to teach children fitness, movement and sports skills.

Ready-To-Use P.E. Activities for Grades 5-6 (Paperback) Joanne Landy and Maxwell Landy – Great physical education activities for any educator for use in grades 5-6.

Ready-To-Use P.E. Activities for Grades 3-4 (Paperback) Joanne Landy and Maxwell Landy- Physical education activities for any educator for use in Grades 3-4.

How to Survive Teaching Health: Games, Activities, and Worksheets for Grades 4-12 (Paperback) Kenneth G. Tillman- Great health activities, although it suggests 4-12, many users of this book believe that it is more appropriate for 4-8<sup>th</sup> graders.

## Videos



### **BYOU (Fitness DVD)**

Dancer, singer, and actress Sabrina Bryan, one of The Disney Channel's Cheetah Girls, has a very important message of empowerment for girls - be happy, be healthy - BYOU! This is 93 minute dance fitness DVD, which was created so that girls can have fun learning the latest dance moves and get fit at the same time. For girls, ages 8-13.

Available at [www.amazon.com](http://www.amazon.com) (list price: \$10.99)

### **The Learning Channel**

#### **“Honey We’re Killing the Kids”**

This innovative collection of videos is from the TLC program of the same name. Some of the topics included in the series include healthy living, good nutrition, and adolescent health. Click on the link below to view the topics found in this series. When you access the webpage, the videos will appear on the right side of your screen:

<http://www.tlc.com/search/?q=killing+the+kids>

### **Great Activities for Physical Education: Grades K-2 DVD**

In this unique program, Artie Kamiya presents several fun physical education activities that promote student fitness and skill development. The DVD provides numerous developmentally appropriate activities for students in Grades K-2. Teachers and parents will be able to save invaluable planning and preparation time. There are many games and activities included. All of these activities can be easily implemented into any curriculum. Cost: \$30.00.

[http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXKAQ8/ref=pd\\_bbs\\_sr\\_1/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189982904&sr=1-1](http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXKAQ8/ref=pd_bbs_sr_1/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189982904&sr=1-1)

### **Great Activities for Physical Education: Grades 3-5 DVD**

This is a continuation of the collection for Grades K-2. Artie Kamiya is one of the premier physical education consultants in the United States. He is the former Director of K-12 Physical Education for the State of North Carolina and the founder of the Great Activities Publishing Company. Artie was selected as the 2004 National Physical Education Administrator of the Year by the Council for School Leadership in Physical Education. He has presented over 400 workshops in 40 different states. Cost: \$30.00

[http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXKAQI/ref=pd\\_bbs\\_sr\\_3/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189983112&sr=1-3](http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXKAQI/ref=pd_bbs_sr_3/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189983112&sr=1-3)

### **Magic School Bus: Human Body**

In a small grade school, Mrs. Frizzle and her class have a unique way of learning about the world. To illustrate the science concepts they discuss, they always on a field trip on the Magic School Bus, a magic vehicle that can literally go anywhere and be anything as the class explores space, the arctic, the human body in order to have a first hand experience of the principles of science. This video helps kids learn about how their body works, from the inside out! For ages 4 and up. Cost: \$9.95. Click on this link for more details:

[http://www.amazon.com/Magic-School-Bus-Human-Body/dp/B0009S4IME/ref=pd\\_bbs\\_sr\\_1/105-2344864-2335642?ie=UTF8&s=dvd&qid=1191587978&sr=1-1](http://www.amazon.com/Magic-School-Bus-Human-Body/dp/B0009S4IME/ref=pd_bbs_sr_1/105-2344864-2335642?ie=UTF8&s=dvd&qid=1191587978&sr=1-1)