## Section 3

Resources

## **Section 3: Resources**

Authorized Resources	Government of Newfoundland and Labrador: Department of Education. A Curriculum Framework For Physical Education: Adjusting The Focus. Retrieved January 20, 2010 from the World Wide Web: http://www.ed.gov.nl.ca/edu/k12/curriculum/docu- ments/physed/index.html
	Government of Newfoundland and Labrador: Department of Education. <i>Physical Education Curriculum Guide: 2100 &amp; 2101</i> . Retrieved August 10, 2011 from the World Wide Web: http://www. ed.gov.nl.ca/edu/k12/curriculum/guides/physed/index.html
	Temertzoglou, Ted. (2008). <i>Active for Life: Physical Education in Newfoundland and Labrador</i> . Toronto, Canada: Thompson Educational Publishing. ISBN: 978-1-55077-176-3
	Temertzoglou, Ted. (2011). <i>Active for Life: Physical Education in</i> <i>Newfoundland and Labrador Teacher's Resource</i> . Toronto, Canada: Thompson Educational Publishing. ISBN: 978-1-55077-178-7.
Supplementary	Bodytrends.com. Body Ball Handbook. ISBN: 0-9696-7735-9.
Resources	Bodytrends.com. <i>Body Ball Poster Pack (4 pack)</i> . ISBN: 0-9696-7738-3.
	Bodytrends.com. Stretch Tubing Handbook. ISBN: 0-9696-7736-7.
	Bodytrends.com. Stretch Tubing Poster (5 pack). ISBN: 0-9696-7736-7.
	Bodytrends.com. The Great Yoga Handbook. ISBN: 0-9731-2622-1.
	Boy Scouts of Canada. (1999). <i>Field Book for Canadian Scouting</i> . Scouts Canada, National Council. ISBN: 1894187008.
	Byl, John. (2001). <i>Co-Ed Recreational Games</i> . Human Kinetics. ISBN: 0-7360-3455-2
	Clements, R. (2003) <i>Multi-cultural Approach to Physical Education</i> . Human Kinetics. ISBN: 0-7360-3882-5
	Clumpner, R. (2003) <i>Sport Progressions</i> . Human Kinetics. ISBN: 0-7360-3385-8
	Corbin, C. & Lindsey, R. (2005). <i>Fitness for Life 5<sup>th</sup> Edition</i> . Human Kinetics. ISBN: 0-7360-4673-9.
	Corbin, C. & Lindsey, R. (2005). <i>Fitness for Life: Activity</i> <i>Pyramid for Teens Poster.</i> Human Kinetics. ISBN: 0-7360-5098-1.
	Croistere, R. Swiss Ball Exercises. ISBN: 2-9806-6547-9.
	Croistere, R. Abdominal Exercises. ISBN: 2-9806-6545-2.

- DeKoven, Bernie. (2005). *Junkyard Sports*. Human Kinetics. ISBN: 0-7360-5207-0
- Dumbell Training Poster. ISBN: 0-9696-7731-5.
- Glover, D.R., & Midura, D.W. (2005). Essentials of Team Building: Principles and Practices. Human Kinetics. ISBN: 0-7360-5088-4

Hanrahan, S.J. & Carlson, T.B. (2000). GameSkills: A Fun Approach to Learning Sport Skills. Human Kinetics Publishers. ISBN: 0-7360-020-3.

Human Kinetics Publishers. *Stretching/Flexibility Poster Set.* ISBN: 0-8801-1805-9.

Jones, A. (2002). *More Team-Building Activities*. WA, USA: Rec Room Publishing. ISBN: 0-9662341-7-0.

Jump 2b Fitness. ISBN: 0000-F-TJFP-E.

Kleinman, Isobel. (2001). Complete Physical Education Plans for Grades 7-12. Human Kinetics. ISBN: 0-7360-3248-7

Lane, C. (1998). Multicultural Folk Dance Treasure Chest, Volumes 1 & 2 - Video with Cassette. Human Kinetics. ISBN: 0-8801-1960-8.

Lichtman, B. (1993). *Innovative Games.* Champaign, IL, USA: Human Kinetics Books. ISBN: 0-87322-488-4.

Lichtman, B. (1999). *More Inovative Games*. Champaign, IL, USA: Human Kinetics Books. ISBN: 0-88011-712-5.

McCracken, Bane. (2001). Its not Just Gym Anymore: Teaching Secondary School Students How to be Active for Life. Human Kinetics. ISBN: 0736001271

Mcneil, C.; Wright, J. and Renfrew, T. (1998). *Teaching* Orienteering 2nd Ed. Human Kinetics Publishers. ISBN: 0-88011-804-0.

- Midura, D & Glover, D. (1995). *More Team Building Challenges*. Human Kinetics Publishers. ISBN: 0-87322-785-9.
- Panicucci, J. (2003). Adventure Curriculum for Physical Education: High School. Project Adventure Incorporated. ISBN: 0-934387-26-5.
- Rohnke, Karl. (1984). *Silver Bullets*. Project Adventure Incorporated. ISBN: 0-8403-5682-X.
- Rouse, P. (2003). *Adapted Games and Activities*. Human Kinetics Publishers. ISBN: 0-7360-5432-4.

Seaborg, E & Dudley, E. (1994). *Hiking and Backpacking*. Human Kinetics Publishers. ISBN: 0-87322-506-6

	Takraw Canada. <i>Sepak Takraw: Just for Kicks -Video.</i> ISBN: 0-000S-S018-3.
	Takraw Canada. (2011). <i>Takraw: The Complete Instructional Coaching Manual:</i> ISBN: 1-8970-1015-X.
	Zakrajsek, D., Carnes, L. & Pettigres, F. (2003). <i>Quality Lesson Plans</i> for Secondary Physical Education. Champaign, IL, USA: Human Kinetics Publishers. ISBN: 0-7360-4485-X
Recommended Resources	Anderson, Andy (2001). <i>Learning Strategies: The Missing 'Think' in Physical Education and Coaching</i> . Sport Books Publisher
	Arnow, M. (1981). <i>Teaching Dance Through Sport</i> . Journal of Physical Education, Recreation and Dance 52 (5).
	Atlantic Canada Education Foundation. (1995). <i>Framework for Essential Graduation Learnings and Outcomes</i> .
	Barbarash, L. (1997). <i>Multicultural Games</i> . Champaign. IL, USA: Human Kinetics Books. ISBN: 0-8801-1565-3.
	Bunker and Thorpe (1982). <i>Teaching Games for Understanding (TGFU)</i> <i>Model</i> .982): Retrieved July 22, 2011 from the World Wide Web: http://tgfu.wetpaint.com/page/The+Model
	CAMET. (2009). Literacy: Key to Learning and Path to Prosperity - An Action Plan for Atlantic Canada 2009-2014. Retrieved July 22, 2011 from the World Wide Web: http://camet-camef.ca/images/eng/pdf/ Literacy-Key%20to%20Learning.pdf
	Cone, P.; Werner, H.; and Cone, S. (2009). <i>Interdisciplinary</i> <i>Education - The Connected, Shared and Partnership Models.</i> Retrieved April 15th, 2012 from the World Wide Web: http://www. humankinetics.com/excerpts/excerpts/models-for-interdisciplinary- teaching-in-physical-education
	Disley, J. <i>Map and Compass - Orienteering</i> . Burlington, Canada: Orienteering Services Canada.
	Glover, D.R., & Midura, D.W. (1992). <i>Team Building Through Physical Challenges</i> . Champaign, IL, USA: Human Kinetics Publishers.
	Gustafson, M A., Wolfe, S.K., & King, C.L. (1991). <i>Great Games for Young People</i> . Champaign, IL, USA: Human Kinetics Books.
	Halliday, N. (1999). <i>Developing Self-Esteem through Challenge Education Experiences</i> . The Journal of Physical Education, Recreation & Dance, Vol. 70.
	Hanrahan, S.J. & Carlson, T.B. (2000). <i>GameSkills: A Fun Approach to Learning Sport Skills</i> . Champaign, IL, USA: Human Kinetics Books.

- Hellison, D. (1973). *Humanistic Physical Education*. Washington, D.C. AAHPERD.
- Hellison, D. (1985). *Goals and Strategies for Teaching Physical Education*. Champaign, IL.: Human Kinetics.
- Hellison, D. (1995). *Teaching Responsibility Through Physical Education*. Champaign, IL.: Human Kinetics.
- Hellison, D. (2003). *Teaching Responsibility Through Physical Education*. Champaign, IL.: Human Kinetics.
- Kasser, S. (1995). *Inclusive Games*. Champaign, IL, USA: Human Kinetics Publishers. ISBN: 0-8732-2639-9.
- Kirniecik, Horn and Shurin. (1996). Relationships Among Children's Beliefs, Perceptions of their Parents' Beliefs and their Moderate-to-Vigorous Physical Activity. Research Quarterly for Exercise and Sport, vol. 67, pp 324-336.
- LeFevre, D. (2002). *Best New Games*. Champaign, IL, USA: Human Kinetics Books. ISBN: 0736036857.
- Lumsden, K. (2001). *P.E. Games and Activities Kit.* New Jersey, USA: Parker Publishing Company.
- Moss, D. (ed.). (1994). Toilet Paper Aerobics. P.E. Digest 11 (2), 28.
- Moss, D. (ed.). (1995). *Dance: Sport Sequence Dance Routines*. P.E. Digest, 11 (3), 08.
- Moss, D. (ed.). (1995). *Dance: Telephone Choreography*. P.E. Digest, 11 (4), 07.
- Moss, D. (ed.). (1995). Fitness: Order of Stretching is Important. P.E. Digest, 11 (3), 16.
- Moss, D. (ed.) (1995). *Gymnastics: Monkey Basketball for Strength and Spatial Awareness.* P.E. Digest, 10 (3).
- Moss, D. (ed.). (1995). *Motivation: Fitness Bank Account Book*. P.E. Digest, 12 (1), 28-29.
- Moss, D. (ed.). (1996). Fitness: Easy One Mile Jog Fitness Test. P.E. Digest, 13 (2), 30.
- Moss, D. (ed.). (1996). *Teaching: An Exit Poll Tests Your Student's Feelings About Your Class.* P.E. Digest, 12 (3), 28-29.
- Moss, D. (ed.). (1997). Interval Aerobics. P.E. Digest 13 (3), 20-21.
- Moss, D. (ed.). (2000). Frisbee Throwing Taught by Snapping a Towel. P.E. Digest 16 (3),14.

	Temertzoglou, T; Challen, P. (2003). Exercise Science: An Introduction to Health and Physical Education. Toronto, Canada: Thompson Educational Publishing. ISBN 1-55077-132-9.
	Roberts & Inman. (2007). Strategies for Differentiated Instruction – Best Practises for the Classroom. USA: Prufrock Press Inc. ISBN-10: 1593632053
	Tremblay et al. (1996). <i>The Quality of School-Based Physical Education: A growing concern</i> . CAHPERD Journal, 62(4): 4-7.
	<ul> <li>Walsh, Joanne. (n.d). The Purpose of Fitness Assessment in a Quality Health and Physical Education Program – Six Key Messages developed by OASPHE. Retrieved March 15th, 2011 from the World Wide Web: https://docs.google.com/viewer?a=v&amp;q=cache :3PvmDVYqhBwJ:www.oasphe.ca/documents/J_Walsh_article OPhea.net_January%255B1%255D.doc+purpose+of+fitness+app raisals+and+schools&amp;hl=en≷=ca&amp;pid=bl&amp;srcid=ADGEEShJp wBpQXJHCFDIcBbSa-0z8AmpwMNXHlGR1hJoxhq0v8lole6l- RHRUD8IdYT-dtgE1gR7oOsqYy0t9pMBF5X8NurzcWawAom m_3efKAXNSKSCWeXQXMWN6HufAe8EyKI0T9tF9&amp;sig=A HIEtbSVNH2Sd5XNzyJ0HHuFLvqSZwTZDw</li> </ul>
	Western Faculty of Education. (2012). <i>The Centre of Inclusive Education.</i> Retrieved July 22, 2011 from the World Wide Web: http://www.edu.uwo.ca/inclusive_education/index.asp
General Internet Resources	Arctic Winter Games. (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.arcticwintergames.org/
163001663	Athropolis.com. (2010). <i>Traditional Inuit Games</i> . Retrieved July 22, 2010 from the World Wide Web: http://www.athropolis.com/news-upload/11-data
	Best Health. (2010). <i>Fitness.</i> Retrieved January 28, 2011 from the World Wide Web: http://www.besthealthmag.ca/get- healthy/fitness
	Brookfield, John. (2008). <i>Battling Ropes Training</i> . Retrieved May 15th, 2012 from the World Wide Web: http://www.battling-ropes-training.com/
	Canadian Association of Health Physical Education Recreation and Dance. Retrieved January 28, 2011 from the World Wide Web: http://www.phecanada.ca/
	Canadian Coast Guard. (2010). <i>Boating Safety</i> . Retrieved July 22, 2010 from the World Wide Web: http://www.ccg-gcc.gc.ca/eng/Central_Arctic/home
	Canadian Fitness and Lifestyle Research Institute. (2010). <i>California STAR Testing Program</i> . Retrieved July 22, 2010 from the World Wide Web: http://www.cflri.ca/eng/

- Canadian Fitness and Lifestyle Research Institute. (2002). *Results of the 2002 Physical Activity Monitor*. Retrieved March 1, 2010 from the World Wide Web: http://www.cflri.ca/eng/provincial\_data/pam2002/canada.php
- Canadian Population Health Initiative. (2004). *Improving the Health* of Canadians. Retrieved March 1, 2010 from the World Wide Web: http://secure.cihi.ca/cihiweb/products/IHC2004\_ch5\_e.pdf
- Canadian Red Cross. (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.redcross.ca
- Cross Country Canada. (2010). *Cross Country Skiing*. Retrieved July 22, 2010 from the World Wide Web: http://www.cccski.com/main.asp
- CrossFit Incorporated. (2012). *CrossFit Forging Elite Fitness*. Retrieved May 15th, 2012 from the World Wide Web: http:// www.crossfit.com
- Doherty, J. (2004). *Teaching Styles in Physical Education and Mosston's Spectrum.* Retrieved March 1, 2010 from the World Wide Web: http://www.sports-media.org/sportapolisnewsletter23newlook.htm
- E-How Sports and Fitness. (2010). *Teaching Football*. Retrieved July22, 2010 from the World Wide Web: http://www.ehow.com/ teaching-football/
- ExRx.net. (2012). *Exercise Instruction*. Retrieved May 15th, 2012 from the World Wide Web: http://exrx.net/Exercise.html
- ExRx.net. (2012). *Flexibilty and Functional Assessments*. Retrieved May 15th, 2012 from the World Wide Web: http://www.exrx.net/ Lists/Tests.html
- Heart and Stroke Foundation. (2010). *Statistics*. Retrieved March 1, 2010 from the World Wide Web: http://www.heartandtroke. com/site/c.ikIQLcMWJtE/b.3483991/k.34A8/Statistics. htm#physicalactivity
- Hershey's Track and Field Games. (2010). *Youth Track and Field*. Retrieved July 22, 2010 from the World Wide Web: http://www. hersheystrackandfield.com
- HSN. (2002). *The Home of Hypertrophy-Specific Training*. Retrieved May 15th, 2012 from the World Wide Web: http:// www.hypertrophy-specific.com/hst\_index.html
- Human Kinetics. (2010). *Physical Education and Health Education*. Retrieved July 22, 2010 from the World Wide Web: http://www. humankinetics.com/physicaleducationandhealtheducation

Inuit Games. (2010). Retrieved July 22, 2010 from the World	
Wide Web: http://www.ih.k12.oh.us/ps/Inuit/inuitgames.htm	L

iSport. (2010). *Network and Sport Community*. Retrieved July 22, 2010 from the World Wide Web: http://www.isport.com.au/is-port/

JWSporta. (2010). *Health, Physical Activity and Sport Education Consultants.* Retrieved July 22, 2010 from the World Wide Web: http://www.jwsporta.ca

- Lesson Plan Central. (2010). *Physical Education Lesson Plans*. Retrieved July 22, 2010 from the World Wide Web: http://lessonplancentral.com/lessons/Physical\_Education/
- Livestrong Incorporated. (2012). *Bosu Ball Exercises*. Retrieved May 15th, 2012 from the World Wide Web: http://www.livestrong. com/bosu-ball-exercises/
- Monash University. (2012). *The Reflective Learning Process*. Retrieved May 15th, 2012 from the World Wide Web: http://www.monash. edu.au/lls/llonline/writing/medicine/reflective/3.xml)
- Memorial University of Newfoundland and Labrador. School of Human Kinetics and Recreation. Retrieved July 22, 2010 from the World Wide Web: http://www.mun.ca/hkr/about/index.php
- National Association for Sport and Physical. (2004). *Appropriate Practices for High School Physical Education*. Retrieved July 22, 2010 from the World Wide Web:
- PESIC. (2012). Retrieved April 22, 2012 from the World Wide Web: pesic.weebly.com
- PHE Canada. (2012). Fundamental Movement Skills Resource Series: Beyond the Fundamentals - A Games Approach. Retrieved May, 2012 from the World Wide Web: http://www. phecanada.ca/store/fms-series.html?cat=56
- PHE Canada. (2012). *Physical Literacy*. Retrieved May, 2012 from the World Wide Web: http://www.phecanada.ca/programs/physical-literacy
- Ontario Physical and Health Education Association. Retrieved July 22, 2010 from the World Wide Web: http://www.ophea.net/
- Physical and Health Education Canada. (2012). *What is Physical Literacy*. Retrieved March 1, 2012 from the World Wide Web: http://www.phecanada.ca/programs/physical-literacy/what-physical-literacy
- PHE Canada. (2009). *Physical and Health Education Canada*. Retrieved March 1, 2010 from the World Wide Web: http://www. phecanada.ca/

- PE Central. (2010). *The Premier Website for Health and Physical Education*. Retrieved March 1, 2010 from the World Wide Web: http://www.pecentral.com
- P.E. Digest. *Subscription Website*. Retrieved March 1, 2010 from the World Wide Web: http://www.pedigest.com/downloads/index. html
- PhysEd Source. (2009). T*he Physical Educator's Resource:* Retrieved March 1, 2010 from the World Wide Web: www.physedsource.com
- Public Health Agency of Canada. (2011). Retrieved July 22, 2010 from the World Wide Web: http://www.phac-aspc.gc.ca/indexeng.php
- Shields Margaret. (2004). Overweight and Obesity Among Children and Youth. Retrieved March 1, 2010 from the World Wide Web: http://lib.bioinfo.pl/pmid:16981484
- Silver, Debbie. (n.d). *Cooperative Learning for the Middle Level:* http:// www.asdk12.org/middlelink/inter/mosaic/CooperativeLearning. pdf)
- Sport Canada. (2012). Canadian Sport for Life (CS4L) Long Term Athlete Development (LTAD). Retrieved July 22, 2011 from the World Wide Web: http://www.canadiansportforlife.ca/learnabout-canadian-sport-life
- Statistics Canada. (1999). *Statistical Report on the Health of Canada.* Retrieved July 22, 2010 from the World Wide Web: http://www. statcan.ca/english/freepub/82-570-XIE/82-570-XIE.pdf
- Statistics Canada. (2010). Leisure-Time Physical Activity. Retrieved July 22, 2010 from the World Wide Web: http://www.statcan.ca/ english/freepub/82-221-XIE/01002/tables/html/2166.htm
- Takraw Canada. (2010). Canadian National Takraw Site. Retrieved July 22, 2010 from the World Wide Web: http://www.takrawcanada.com
- The Source. (2010). *Outdoor Games.* Retrieved July 23, 2010 from the World Wide Web: http://www.thesource4ym.com/games/out-door.asp
- Topend Sports. (2012). *Fitness Testing*. Retrieved July 22, 2011 from the World Wide Web: http://www.topendsports.com/testing/ strength-tests.htm
- Virtual Museum Canada. (2010). Inuit History, Art and Other Traditions of the Inuit. Retrieved July 22, 2010 from the World Wide Web: http://www.virtualmuseum.ca/English/Teacher/ inuit\_history.html

Provincial/Federal/ Territorial Government Internet Resources	Alberta Centre for Injury Control & Research (2008). Safety Guidelines for Physical Activity in Alberta Schools. Retrieved July 22, 2011 from the World Wide Web: http://education.alberta.ca/me- dia/1109586/sg_physicalactivity.pdf
	Government of Alberta Education. (2012). <i>Inclusive Education:</i> <i>Support for Implementation</i> . Retrieved July 22, 2011 from the World Wide Web: http://www.inclusiveeducationpdresources.ca/ index.php#
	Government of Alberta Education. (2010). <i>Physical Education Online</i> . Retrieved July 22, 2010 from the World Wide Web: http://www. learning.gov.ab.ca/PhysicalEducationOnline/
	Government of Alberta Education. (2011). <i>Alberta Physical Education Curriculum</i> . Retrieved July 22, 2011 from the World Wide Web: http://education.alberta.ca/apps/physicaleducationonline/
	Government of Alberta Education. (2010). Making a Difference: Meeting diverse learning needs with differentiated instruction. Re- trieved July 22, 2011 from the World Wide Web: http://education. alberta.ca/teachers/resources/cross/making-a-difference.aspx
	Government of British Columbia. (2010). <i>British Columbia</i> <i>Physical Education Curriculum</i> . Retrieved January 20, 2010 from the World Wide Web: http://www.bced.gov.bc.ca/irp/subject. php?lang=en&subject=Physical_Education
	Government of Manitoba. (2010). <i>Manitoba Physical Education</i> <i>Curriculum.</i> Retrieved July 22, 2010 from the World Wide Web: http://www.edu.gov.mb.ca/k12/cur/physhlth/index.html
	Government of Newfoundland and Labrador (2001). <i>Teaching and Learning with Young Adolescents. Celebrating Diversity, a working document.</i> Retrieved July 22, 2010 from the World Wide Web: http://www.ed.gov.nl.ca/edu/k12/curriculum/documents/adolescents/cover_toc_ack.PDF
	Government of Newfoundland and Labrador: Department of Business, Innovation, and Rural Development. (nd). <i>Group Dynamics</i> . Retrieved May 26th, 2012 from the World Wide Web: http://www.ibrd.gov.nl.ca/regionaldev/gd.pdf
	Government of New-Brunswick. (2011). <i>Kindergarten - Grade 12</i> . Retrieved July 22, 2011 from the World Wide Web: http://www. gnb.ca/0000/anglophone-e.asp#cd
	Government of Ontario. (2011). <i>Physical Education Curriculum.</i> Retrieved July 22, 2011 from the World Wide Web: http://www. edu.gov.on.ca/eng/curriculum/secondary/health.html
	Government of Quebec. (2011). <i>Physical Education</i> . Retrieved July 22, 2011 from the World Wide Web: http://www.meq.gouv.qc.ca/DGFJ/dp/programmes_etudes/secondaire/edphysa.htm

Government of Saskatchewan. (2011). A Curriculum Guide for the Secondary Level. Retrieved July 22, 2011 from the World Wide Web: http://www.sasked.gov.sk.ca/docs/physed/physed2030/index. html

## Health and Active Living Internet Resources

Active Healthy Kids Canada. (2012). 2012 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth. Retrieved June 10th, 2012 from the World Wide Web: http://www.activehealthykids.ca/ReportCard/2012ReportCardOv erview.aspx

- Centers for Disease Control and Prevention. (2011). *Publications and Information Products*. Retrieved July 22, 2011 from the World Wide Web: http://www.cdc.gov/nchs/products/hp\_pubs.htm
- Coalition for Active Living. (2001). Retrieved March 1, 2010 from the World Wide Web: http://www.activeliving.ca/English/index. cfm
- Eat Right Ontario. (2010). Retrieved July 22, 2010 from the World Wide Web: http://eatrightontario.ca/en/default.aspx
- Government of Alberta Education. (2010). *The Ever Active Schools Program.* Retrieved March 1, 2010 from the World Wide Web: http://everactive.org/
- Government of Newfoundland and Labrador. (2010). *Living Healthy Schools*. Retrieved March 1, 2010 from the World Wide Web: http://www.livinghealthyschools.com/
- Government of Saskatchewan. (2010)). *In Motion*. Retrieved March 1, 2010 from the World Wide Web: http://www.saskatchewanin-motion.ca/
- Health Canada. (2010). *Canada's Food Guide Food and Nutrition.* Retrieved July 22, 2010 from the World Wide Web: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/ index-eng.php
- Health Canada. (2011). Retrieved March 1, 2010 from the World Wide Web: http://www.hc-sc.gc.ca/index-eng.php
- Joint Consortium of School Health. (2011). *Comprehensive School Health*. Retrieved January 14th, 2011 from the World Wide Web: http://eng.jcsh-cces.ca/index.php?option=com\_ontent&view=artic le&id=40&Itemid=62
- NLTA. (2011). Newfoundland and Labrador Physical Education Special Interest Council. Retrieved January 14th,2011 from the World Wide Web: http://www.virtualteachercentre.ca/sic/pesic/index. html

- Public Health Agency of Canada. (2011). Retrieved July 22, 2011 from the World Wide Web: http://www.phac-aspc.gc.ca/indexeng.php
- Recreation Newfoundland and Labrador. (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.recreationnl.com/
- School Sport Newfoundland and Labrador. (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.schoolsportsnl.ca/
- Virtual Teacher Centre. (2010). Retrieved July 22 2010 from the World Wide Web: http://www.myvtc.ca/