## **Section 3**

Resources

### **Section 3: Resources**

#### **Authorized Resources**

# Government of Newfoundland and Labrdaor: 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/documents/physed/index.html

## Government of Newfoundland and Labrador: Department of Education. *Physical Education Curriculum Guide: Intermediate.*Retrieved August 10, 2011 from the World Wide Web: http://www.ed.gov.nl.ca/edu/k12/curriculum/guides/physed/index.html

## Supplementary Resources

- Bennett, J.P. & Coughenour, P (2006). *Rhythmic Activities and Dance*. Human Kinetics. ISBN: 0-7360-5148-1
- Glover, D.R., & Midura, D.W. (1992). *Team Building Through Physical Challenges*. Human Kinetics. ISBN: 0-8732-2359-4.
- Hellison, D. (2003). *Teaching Responsibility Through Physical Activity*. Human Kinetics. ISBN: 0-7360-4601-1.
- Landy, J.M, & Landy, M.J. (1993). *Ready to Use P.E. Activities for Grades 7 9.* N.Y.: Parker Publishing Company. ISBN: 0-1367-3062-0.
- Lane, C. (1998). Multicultural Folk Dance Treasure Chest, Volumes 1 & 2 - Video with Cassette.l. Human Kinetics. ISBN: 0-8801-1960-8.
- PSAP Sport Specific Booklets. *Teaching the Basics Resource Manuals* (14 booklet set) JW Sporta, British Columbia:

## Recommended Resources

96

- Arnow, M. (1981). *Teaching Dance Through Sport.* Journal of Physical Education, Recreation and Dance 52 (5).
- Atlantic Canada Education Foundation. (1995). Framework for Essential Graduation Learnings and Outcomes.
- Brockerville, G. (2000). A Series of Handouts for Intermediate Physical Education Teachers.
- Barbarash, L. (1997). *Multicultural Games. Champaign*. IL, USA:Human Kinetics Books. ISBN: 0-8801-1565-3.
- Department of Education (1991). Promoting Quality Physical Education: An Intermediate Physical Education Guide (Draft). St. John's, Newfoundland: Division of Program Development.
- Department of Education (1996). *The Intermediate Level Handbook* (*Draft*). St. John's, Newfoundland: Division of Program Development.
- Department of Education (2001). *The Evaluation of Students in the Classroom: A Handbook and Policy Guide.* St. John's, Newfoundland: Division of Program Development.

- Department of Education (2001). *Teaching and Learning with Adolescents: Celebrating Diversity (Draft)*. St. John's, Newfoundland: Division of Program Development.
- Disley, J. *Map and Compass Orienteering (N.D)*. Burlington, Canada: Orienteering Services\_Canada.
- Glover, D.R., & Midura, D.W. (1992). *More Team Building Challenges*. Champaign, IL, USA: Human Kinetics Publishers. ISBN: 0-8732-2785-9.
- Gustafson, M A., Wolfe, S.K., & King, C.L. (1991). *Great Games for Young People*. Champaign, IL, USA: Human Kinetics Books. ISBN: 0-8732-2299-7.
- Hanrahan, S.J. & Carlson, T.B. (2000). GameSkills: A Fun Approach to Learning Sport Skills. Champaign, IL, USA: Human Kinetics Books. ISBN: 0-7360-0203-0.
- Hellison, D. (1973). *Humanistic Physical Education*. Washington, D.C. AAHPERD.
- Hellison, D. (1985). *Goals and Strategies for Teaching Physical Education*. Champaign, Ill.: 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.
- Lee, A.M., Thomas, K.T., & Thomas, J.R. (2000). *Physical Education for Children: Daily Lesson Plans for Middle School* (2<sup>nd</sup> ed.). Champaign, IL, USA: Human Kinetics Books.
- LeFevre, D. (2002). *Best New Games*. Champaign, IL, USA: Human Kinetics Books. ISBN: 0-7360-3685-7.
- Lichtman, B. (1993). *Innovative Games*. Champaign, IL, USA: Human Kinetics Books. ISBN: 0-8732-2488-4.
- Lumsden, K. (2001). *P.E. Games and Activities Kit.* New Jersey, USA: Parker Publishing.
- Nichols, B. (1994). *Moving and Learning: The Elementary School Physical Education Experience*. St. Louis, MS: Times Mirror/Mosby College Publishing.
- Moss, D. (ed.) (1994). Toilet Paper Aaerobics. 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 Felings 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.
- Nova Scotia Department of Education (1999). *Physical Education Curriculum: Grade 7-9*. Province of Nova Scotia: Department of Education.
- Thompson's Publishing. (2005). Fitness Circuit Charts: Secondary Series.
- Tremblay, M.,S., Pella, T. And Taylor, K. 1996. *The Quality of School-Based Physical Education: A growing concern.* CAHPERD Journal, 62(4): 4-7.

## Arctic Winter Games (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.arcticwintergames.org/

- Best Health (2010). 8 Yoga Moves to Boost Your Energy. Retrieved July 22, 2010 from the World Wide Web: http://www.besthealthmag.ca/get-healthy/fitness/8-yoga-moves-to-boost-your-energy
- California Department of Education (2010). *California STAR Testing Program.* Retrieved July 22, 2010 from the World Wide Web: http://star.cde.ca.gov/
- Canadian Coast Guard (2010). *Boating Safety*. 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). *California STAR Testing Program.* 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

#### General Internet Resources

- 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
- 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/sportapolisnewslet ter23newlook.htm
- E-How Sports and Fitness (2010). *Teaching Football*. Retrieved July 22, 2010 from the World Wide Web: http://www.ehow.com/teaching-football/
- 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
- Heart and Stroke Foundation. (2010). *Statistics*. Retrieved March 1, 2010 from the World Wide Web: http://www.heartandstroke.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
- Human Kinetics (2010). *The Information Leader in Physical Activity and Health*. Retrieved July 22, 2010 from the World Wide Web: http://www.humankinetics.com/
- Inuit Games (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.ih.k12.oh.us/ps/Inuit/inuitgames.htm
- iSport (2010). *Network and Sport Community.* Retrieved July 22, 2010 from the World Wide Web: http://www.isport.com.au/isport/
- 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/

- Palos Sports (2010). *Physical Education Equipment, Resources Bowling.* Retrieved July 22, 2010 from the World Wide Web: http://www.palossports.com/store/prodpage2.cfm/Category-ID/28/file.htm
- 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
- PE Central. (2010). *The Premier Website for Health and Physical Education*. Retrieved March 1, 2010 from the World Wide Web: http://www.pecentral.org/lessonideas/pelessonplans.html
- PE Central. (2010). *The Premier Website for Health and Physical Education*. Retrieved March 1, 2010 from the World Wide Web: http://www.pecentral.org/assessment/assessment.html
- Physical Education Update (2010). *Online PE Workshop*. Retrieved July 22, 2010 from the World Wide Web: http://www.physicaleducationupdate.com/
- PhysEd Source. (2009). *The Physical Educator's Resource*: Retrieved March 1, 2010 from the World Wide Web: www.physedsource. com
- Public Health Agency of Canada (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.phac-aspc.gc.ca/
- 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
- 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/outdoor.asp

- Traditional Inuit Games (2010). Retrieved July 22, 2010 from the World Wide Web: http://www.athropolis.com/news-upload/11-data
- 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
- University of Toronto Mississauga Dept of Physical Education (2010). *Living Healthy Schools*. Retrieved March 1, 2010 from the World Wide Web: http://www1.utm.utoronto.ca/~w3physed/

Provincial/Territorial Government Curriculum Internet Resources

- Alberta Education (2010). *Physical Education Online*. Retrieved July 22, 2010 from the World Wide Web: http://www.learning.gov.ab.ca/PhysicalEducationOnline/
- Government of Alberta (2010). *Alberta Physical Education Curriculum*. Retrieved January 20, 2010 from the World Wide

  Web: http://www.education.gov.ab.ca/k\_12/curriculum/bySubject/physed/physedgi.asp
- Government of British Columbia (2010). *British Columbia Physical Education Curriculum*. Retrieved January 20, 2010 from the World Wide Web: http://www.bced.gov.bc.ca/irp/pek7/apdex.htm#grk1a http://www.bced.gov.bc.ca/irp/pe810.pdf http://www.bced.gov.bc.ca/irp/pe1112.pdf
- Government of British Columbia (1996). *Physical Education Appendix D: Assessment and Evaluation Examples.* Retrieved
  January 20, 2010 from the World Wide Web: http://www.bced.gov.bc.ca/irp/pek7/apdex.htm#grk1a
- Government of Manitoba (2010). *Manitoba Physical Education Curriculum*. Retrieved January 20, 2010 from the World Wide Web: http://www.edu.gov.mb.ca/k12/cur/physhlth/index.html
- Government of New-Brunswick (2011). *Kindergarten Grade 12*. Retrieved July 22, 2011 from the World Wide Web: http://www.gnb.ca/0000/anglophone-e.asp#cd
- Government of Ontario (2010). *Ontario Physical Education Curriculum.* Retrieved July 22, 2010 from the World Wide Web: http://www.edu.gov.on.ca/eng/document/curricul/secondary/grade1112/health/health.html
- Government of Quebec (2010). *Physical Education*. Retrieved January 20, 2010 from the World Wide Web: http://www.meq.gouv.qc.ca/DGFJ/dp/programmes\_etudes/secondaire/edphysa. htm

#### Healthy and Active Living Internet Resources

- Government of Saskatchewan (2010). Saskatchewan Physical Education Curriculum. Retrieved January 20, 2010 from the World Wide Web: http://www.sasked.gov.sk.ca/docs/physed/physed2030/index.html
- Active Healthy Kids Canada (2010). Retrieved March 1, 2010 from the World Wide Web: http://www.activehealthykids.ca/
- 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 (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.saskatchewaninmotion.ca/
- Health Canada (2011). Retrieved March 1, 2010 from the World Wide: http://www.hc-sc.gc.ca/index-eng.php
- 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 (2006). *The Vitality Approach*. Retrieved March 1, 2010 from the World Wide: http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/vitalit/vitality\_approach-approach\_vitalite-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

- 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/