

## Physical Education Teacher Resources

### **American Council on Exercise - <http://www.acefitness.org/>**

The American Council on Exercise® (ACE®) is a nonprofit organization committed to promoting active, healthy lifestyles and their positive effects on the mind, body and spirit. A link is provided for Fit Facts and Health E-tips.

### **American Heart Association - <http://www.americanheart.org/>**

Links are available for information concerning the Jump Rope for Heart, Hoops for Heart and American Heart Walk programs.

### **The American Running Association - <http://www.americanrunning.org/>**

The American Running Association was founded by running doctors to help more people benefit from a running lifestyle. Information is available about running and walking programs.

### **Anatomy Online - <http://www.innerbody.com/htm/body.html>**

Anatomy Online provides illustrations, descriptions and animations of various body systems. The text would be challenging at the elementary level.

### **Artslynx International Dance Resources - <http://www.artslynx.org/dance/>**

The Dance pages from Artslynx allows users to easily navigate to the many amazing dance link libraries available online

### **Centers for Disease Control - <http://www.cdc.gov/>**

The CDC is the Leading federal agency for protecting health and safety of people. For physical activity topics, click on Health Topics A-Z

### **Education World - [http://www.education-world.com/pe\\_health/](http://www.education-world.com/pe_health/)**

A search engine for educational web sites only. Educators can find information without searching the entire Internet. Included in the physical education site are tools, lesson planning, themes, and standards.

### **Games Kids Play - <http://www.gameskidsplay.net/>**

Looking for kids' games? How about rules for playground games, verses for jump-rope rhymes, and much more??? You have come to right place!

### **Handball - <http://www.handball.org/>**

This site provides information about the sport of handball.

### **Healthfinder Kids - <http://www.healthfinder.gov/kids>**

Students can find information on protecting their bodies & minds. It offers more than 75 games & activities, information on safe web navigation, & a link to art contents. The website also has a section for parents & other caregivers of children with links to products & information that promote children's health.

### **Mike's Physical Education Home Page -**

### **<http://www.mikespe.com/phyped.html>**

You can find links to laws, lesson plans, fitness, and teaching strategies.

### **President's Council on Physical Fitness and Sports -**

<http://www.fitness.gov/>

The President's Council assists educational organizations at the national, state and local levels in developing high quality, innovative, comprehensive health and physical education programs which emphasize the importance of exercise for good health.

### **PE Links4U - <http://www.pelinks4u.org/>**

PELINKS4U provides information concerning many subjects within the realm of Physical Education. It is updated biweekly. There are connections to adapted physical education, coaching, elementary physical education, health, fitness and nutrition, interdisciplinary physical education, secondary physical education, and technology in physical education.

### **RubiStar - <http://rubistar.4teachers.org/>**

RubiStar is a tool to help the teacher who wants to use rubrics but does not have the time to develop them from scratch

### **Special Olympics (National Site) - <http://www.specialolympics.org/>**

This site provides information about the national and international Special Olympic competitions and training sites

### **Special Olympics (State Site) - <http://www.soor.org/>**

The state mission is to provide sports training and competition opportunities for children and adults with mental retardation in Oregon. This site has information about how to be involved and where to go for more information.

### **Ultimate Players Association - <http://www.upa.org/>**

This site provides drills, rules and skills to play Ultimate. The Ultimate Players Association (UPA) is a player run not-for-profit organization based in Colorado Springs, Colorado. They are one of the first flying disc sport organizations in the world, and the largest, with over 11,000 members and hundreds of volunteers.

### **VERB. It's What You Do - <http://www.cdc.gov/youthcampaign/index.htm>**

This national, multicultural media campaign encourages young people ages 9-13 (twens) to be physically active every day. The VERB web site includes resources and information for schools and other youth-related organization to make regular physical activity "cool" for twens and a fund thing to do.

### **Walk to School Day - <http://www.walktoschool-usa.org>**

This website promotes safe walking and biking to school throughout the year and during International Walk to School Day.

### **PE Zone - <http://reach.ucf.edu/~pezzone/>**

A link on the University of Central Florida's homepage, these pages provide lessons and activities in Dance, Gymnastics, PE, Health and Movement Education. Many of the lessons were created by undergraduate PE majors.

### **Sport and Physical Education Clip Art -**

<http://www.pittschools.org/aes/pesite11.htm>

Need some pictures? Try this site for some things to download.

**Nutrition Navigator** - <http://nutcomm.tufts.edu/academic/navigator.html> A rating guide to nutrition websites, Nutrition Navigator summarizes each website's offerings, rates its content, accuracy and usability.

**PE Central** - <http://www.pecentral.org/> (advertising)

This comprehensive PE site includes lesson and assessment ideas, information on adapted PE as well as PE related research articles and professional development resources.

**Shape Up Across Oregon** - <http://shapeupacrossoregon.org/youth.html>

This motivational fitness program endorsed and supported by both the *Governor* and *The Oregon Department of Education*, takes place in April. Following a trail across Oregon, students earn "miles" for every 30 minutes of physical activity. All materials are provided at no charge for Shape Up, which enhances existing curriculum. Those who complete earn a certificate signed by the Governor and become eligible for prizes! Registration begins in January.