

# THE RESOURCE CENTRE



FOR SPORT, CULTURE & RECREATION

## ACTIVE SCHOOLS TEACHING CHILDREN PHYSICAL EDUCATION

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### BOOKS

*40 years in the gym : favorite physical education activities*, Donald R. Glover, 2006.

A treasure chest of games and activities for: class organizations and warm-ups; character education; team building; movements and skills, including rhythms, gymnastics and tumbling and sport and fitness skills; obstacle courses and stations; and interdisciplinary activities.

*Active bodies, active brains : building thinking skills through physical activity*, Mary Ellen Clancy, 2006.

66 physical activities and games to help kids develop physical, social, and cognitive skills, based on research on brain compatibility. These games and activities help children: increase their ability to focus; integrate their movement with thinking, thus enhancing development of neural pathways; improve memory; open up more areas of the brain to participate in learning and reduce stress; and enhance positive feelings to increase their learning.

*Adapted physical education and sport*, edited by Joseph P. Winnick, 2005.

For developing individualized programs involving physical and motor fitness, fundamental motor skills and patterns, skills in aquatics, dance, and individual and group games and sports.

Adapted sport may be conducted in mainstreamed or segregated physical education or sport. Covers all forms of exceptionality: mental, emotional, physical, behavioural, intellectual, visual, hearing, communicative, learning-related, acquired, and congenital.

*Chicken and noodle games : 141 fun activities with innovative equipment*, John Byl, 2007.

Intended for PE teachers and recreation leaders working with children of various ages and abilities, this title includes an assortment of games using tennis balls, foam noodles and even rubber chickens. These games engage children in physical activity and encourage active participation.

*Complete cheerleading*, Justin Carrier and Donna McKay, 2005.

An all-in-one source for mastering the increasingly challenging individual and team techniques of cheering. Shows jumps, stunts, tosses, and more, this comprehensive book includes more than 100 skills that are essential to clean routines and crowd-pleasing stunts. Almost 200 photographs show the proper execution of the skills, and two of cheerleading's top coaches provide helpful coaching points throughout the book. Chapters on choreography, competition, and conditioning make this an essential tool for improving both individually and as a squad.

*Developing a successful cheerleading program*, Pam Headridge and Nancy Garr, 2004.

Covers all aspects of developing and running a successful cheerleading program, including: planning the season, tryouts, teamwork and motivation, practice planning, skills and drills, stunting and safety, school spirit, game day considerations, competition, season-ending responsibilities, and off-season training.

*Developmental and adapted physical activity assessment*, Michael Horvat, Martin E. Block and Luke E. Kelly, 2007.

Help for the general physical educator or the adapted physical educator to both administer accurately and authentically assess individuals with disabilities in their programs. Includes: case studies; an analysis of existing assessment tools; assessment of the social and affective domains as well as the physical domain; key terms and key concepts.

*Games for the whole child*, Brian Barrett, 2005.

Offers 61 games for grades K-8 in five categories: warm-ups, skill practice, fitness, sport games and group initiatives. For teaching underlying skills to aid children's social, emotional, cognitive and physical development; new games and new versions; Multiple levels of difficulty adaptable to setting, age and ability; Game finder keyed to related aspects of development.

*Inclusive creative movement and dance*, Karen A. Kaufmann, 2006.

Educates and empowers teachers to use dance in inclusive classrooms, to celebrate and value differences, and to help all students discover this uniquely personal art form of dance.

*Inclusive physical activity : a lifetime of opportunities*, Susan L. Kasser and Rebecca K. Lytle, 2005.

Hands-on applications for physical activity programming by bridging the gap between school-based and community-based programs to help people with differences in ability become and remain physically active throughout their lives. Assessment considerations across the life span are integrated in the planning process, and each skill component (such as eye-hand coordination, strength, attention span) is presented in chart form.

*No gym? no problem! : physical activities for tight spaces*, Charmain Sutherland, 2006.

For physical educators, recreation leaders, and classroom teachers who deal with issues surrounding limited space. Overcome space limitations; use equipment effectively and efficiently in tight spaces; and minimize prep time and budget demands. Nearly 100 activities enhance existing curriculum to create full-fledged lesson plans that meet specific skills, concepts, or fitness objectives. Complies with all of the latest NASPE (2004) national standards to meet the needs of a variety of programs.

*PE connections : helping kids succeed through physical activity*, Thomas M. Fleming and Lisa Bunting, 2007.

For teachers and after-school care providers. Offers traditional teaching of movement patterns, fitness concepts, and social interaction skills; provides 136 fun physical activities that meet the movement skill, fitness, and social competency objectives as outlined in NASPE standards 5 and 6; and goes beyond the standards by exposing students to success-building strategies not normally offered in physical education classes.

*PE2themax : maximize skills, participation, teamwork, and fun*, J.D. Hughes, 2005.

Thirty cutting-edge games, for groups of 16 to 80 players. The games are quick and easy to get going and will keep students active for the entire class. Students acquire not only movement and sport skills but life skills in cooperation, communication, personal responsibility, respect for others, positive competition, critical thinking, and problem solving.

*Physical education assessment toolkit*, Liz Giles-Brown, 2006.

Assessments for every topic, skill, and concept taught in physical education. A wide range of learning styles for teaching to all intelligences, including linguistic, spatial, visual, and kinaesthetic differences. Includes assessment tools to plug into any lesson or unit being taught, with assessment templates and sample units.

*Principles and methods of adapted physical education and recreation*, David Auxter, Jean Pyfer and Carol Huettig, 2005.

Shows how to build active inclusive programs with all levels of abilities, using both task-specific and developmental teaching approaches. Designed to enable adapted and regular physical education teachers to successfully address those students' needs in their physical education classes. Includes practical suggestions to provide quality recreation services for children and adults with disabilities and their families in most inclusive environments.

*Ready-to-use pre-sport skills activities program*, L. F. "Bud" Turner and Susan Turner, 2007.

100 stimulating lesson plans that encourage developmentally appropriate individual and group interaction, cooperation, and variety. These are supplemented with 100 take-home challenges, 12 monthly fitness calendars, 45 games, assessment tools, reproducible motivators, and a list of the national physical education standards.

*Rhythmic activities and dance*, John Price Bennett and Pamela Coughenour Riemer, 2006. For K-12 teachers and recreation directors who want to teach easy rhythms and dances for fun and fitness. Covers line dances, folk dances, mixers, square dances, and social dance. A new chapter on social dance focuses on basic rhythmic patterns and introductory steps to help students learn how to waltz, foxtrot, tango, merengue, salsa or mambo, rumba, and swing. Instructions for using cognitive, affective, and psychomotor objectives to assist in developing appropriate units. Based on standards from the National Dance Association and the National Association for Sport and Physical Education.

*When Cody became a mouse potato*, written by Bonnie Nygard and Susan Koonce; illustrations by Joshua R. Cuddy, 2005. A wonderfully illustrated children's book that includes a guide for teachers and parents on how to ensure that children remain physically and mentally active.

*The world's greatest dodgeball games*, Andy Raithby, 2005

The greatest dodgeball games ever created are assembled in one easy to use book. Promoting fair play and non-elimination, everyone, kids and teachers alike, will love these games.

## KITS

*A reading teacher's in motion kit*, Saskatchewan in motion, 2006.

The purpose of this kit is to assist the classroom teacher, with resource material that enables the teaching of reading, while also educating students about healthy, active lifestyles.

*Everybody move : daily vigorous physical activity*, John Byl, 2006.

Developed by teachers. Activities use limited equipment. Shows ways of increasing activity in a limited space. For use in hallways and utility rooms, or outdoors. Resource book covers specific activities and ways to make them fun, as well as music and songs to accompany activity. It is a 'turn-key' resource is designed to help you being a program of daily physical activity breaks that has everything to get everybody moving.

*Parachute games with DVD*, Todd Strong and Dale N. LeFevre, 2006.

Latest information about parachutes, including suppliers, care and age-appropriate uses. 59 games, plus dozens of new variations of games from the first edition. New "Variations" and "Teaching Tips" sections.

*Speed stacks*, 2004.

Speed Stacking is an exciting individual and team sport where participants stack and unstack 12 specially designed plastic cups in pre-determined sequence. Speed stacking of cups is presented as a sport to promote hand-eye coordination and reaction time. Includes cups, instructional guide and video showing how the games can be played.

## DVDs

*65 energy blasts*, Judy Howard, 2004.

Workouts for children to do in front of the TV. Each "Energy Blast" is an exercise one minute 15 seconds long (for a total of an hour and 20 minutes of activity). There are 4 "Energy Blast" themes: African, Latin, Athletic and Hip Hop. Each theme contains moves that are easy to learn. Health hints are given with each "Energy Blast."

*Cheerleading : volume 9*, American Cheerleading Federation, 2005.

- *Advanced stunts*  
Elite ACF instructors provide detailed instruction and full demonstrations for these exciting new stunts. Tarzan, Knee Lib, Toss Awesome, Humpty Crunch, Humpty Crunch to Grin and Bear It, Back Flip to Ground to Extension, and more.
- *Beginning stunts*  
Add variety to your routines with these new, exciting stunts! ACF instructors perform and teach these fantastic stunts. Great for beginning squads! Pony up to prep, One-back walkup, Barrel roll to prep, Straight ride basket toss, Basket toss toe touch, Basket toss pike open, Basket toss X-out full, and more.
- *Cheers & chants*  
ACF instructors demonstrate 12 chants and six cheers you can use to get your crowd on their feet. Each cheer and chant is demonstrated from the front and back so you don't miss a single motion. In addition, they demonstrate the best techniques and drills for producing your routines.
- *Dances & quick dances*  
Exciting new dances to inspire your squad! Features three original 8-8 count dances and four 4-8 count dances. Expert ACF instructors teach and perform each dance to counts so you can plug in your favorites music.

*Fit kids classroom workout*, Judy Notte, 2005. Includes four 5 minute and two 10 minute workouts plus a brief "healthy message" at the end of each exercise segment. Each classroom workout shows the teacher moves from a different genre: Hip & Happening Kardio Funk; Drum Beating, Foot Stomping African; Shimmy, Shaking & Loving Latin; and Heart Pounding, Arms Pumping Aerobic Dance.

*Fit to play and perform : agility, balance, and co-ordination drills*, Carl Petersen and Nina Nittinger, 2007.

The benefit of agility, balance and coordination training transcends all sports. Offers dozens of drills to challenge footwork, improve multi-directional quickness, reaction time and explosive power to enhance sports performance. Applicable for all ages.

*Fit to play and perform core stability : Volume 1 : basework & bridging*, Carl Petersen and Nina Nittinger, 2007.

Improve core stability in three dimensions and multiple planes and movement. Lying, supine, prone, quadruped and seated bridge positions to form the foundation of your core stability training. Hands-on approach using balance equipment, elastic resistance, physio balls and much more to provide functional core stability training appropriate for multiple activities and sports.

*Fit to play and perform core stability : Volume 2 : lower core & legs*, Carl Petersen and Nina Nittinger, 2007.

Improve three dimensional core stability by connecting the lower core and legs with functional exercises that work on the muscle slings in closed and partially closed kinetic chain movements. Functional core stability training with a physio ball, balance equipment, medicine ball and stretch bands strengthens the lower core and legs in all planes of motion. For multiple activities and sports and can be used by active people and athletes of all ages.

*Fit to play and perform core stability : Volume 3 : upper core & arms*, Carl Petersen and Nina Nittinger, 2007.

Improve Upper Core and arm stability & strength with functional exercises that connect the muscles slings in closed and partially closed kinetic chain movements. Functional upper core stability training with stretch bands, resistance equipment, physio ball, balance equipment and medicine balls builds strength & stability in numerous planes of motion.

*Hip hop for kids : pop! lock! and break!*, Roger G., 2004.

Introduces you to older hip hop moves as well as new moves.

*Kid's walk start walking*, Leslie Sansone, 2005. The first-ever Walk Aerobics program for kids (3 to 9 years old). Any child can do this workout; it uses an easy-to-follow mix of marches, kicks and side-steps. For variety and fun, the kids get three different walking styles. They'll begin with basic walking, then move into walking with optional weights (they can get a little upper-body toning). It all ends with "street walking" - a little edgier movement style.

*Kristi Dear's get fit kids : vol.1 :hustle-bustle move your muscles!*, Kristi Dear, 2004.

Colorful graphics, an engaging instructor plus a cartoon exercising bear, it's for kids 3 to 6. It's filled with playful, fun movements like "big arms," "high knees" and "swim like a fish." They will also experience kid-style versions of "real" exercises like bicep curls, overhead presses and side lunges. Kristi uses sing-along lyrics to motivate and teach children about exercise.. A cartoon section in the cooldown teaches healthy eating.

*Obesity in children : tackling a growing problem*, Kyle McInnis, 2005.

An overview of the factors that contribute to the rise in obesity prevalence in children and adolescents. Reviews specific recommendations and evidenced-based strategies for developing and implementing programs to combat obesity in youth. Topics covered: overweight and inactivity in youth, causes and consequences of inadequate activity and being overweight, and programmatic considerations and strategies to promote healthy eating and routine physical activity in children and adolescents.