

Teaching Health & Physical Education

Curriculum Materials Center

A selected list of resources for teaching health and physical education from preschool to grade 12. Internet resources can be found at the Education and Curriculum Resources web page, <http://www.wpunj.edu/library/currmats>.

Health Textbooks: Samples of textbooks used in some school districts.

Food for today. (2000). New York: Glencoe/McGraw-Hill.

Call Number: [Text] 613.07 Gle 2000 J.H. - H.S.

Glencoe health: A guide to wellness. (2001). New York: Glencoe/McGraw-Hill.

Call Number: [Text] 613.07 Gle 2001 H.S.

Health and wellness. (2005). New York: Glencoe/McGraw-Hill.

Call Number: [Text] 613.07 Gle 2005 Gr. 9-12

Life skills health. (1999). Circle Pines, MN: American Guidance Service.

Call Number: [Text] 613.07 Ame 1999 HS

Teen health. (1999). New York: Glencoe McGraw-Hill.

Call Number: [Text] 613.07 Gle 1999 Gr. 6

Totally awesome health. (1999). Blacklick, OH: Meeks Heit Publishing Co.

Call Number: [Text] 613.07 Mee 1999 Gr. K-2, Gr. 6-8

Your health. (1999). Orlando, FL: Harcourt Brace & Company.

Call Number: [Text] 613.07 Har 1999 Gr. K-6

Health Teaching Aids: Sample lesson plans and teaching activities.

Begun, R. W., & Huml, F. J. (1999). *Ready-to-use violence prevention skills: Lessons & activities for elementary students.* West Nyack, NY: The Center for Applied Research in Education. (Grades K-8).

Call Number: Curr.Mats. LB3013.3 .R43 1999

Carter, J., et al. (2001). *Planet health: An interdisciplinary curriculum for teaching middle school nutrition and physical activity.* Champaign, IL: Human Kinetics. (Grades 6-8).

Call Number: Curr.Mats. TX364 .P58 2001

- Cryer, D. (1996). *Nutrition activities for preschoolers*. White Plains, NY: Dale Seymour Publications. (Grades PreK).
Call Number: Curr.Mats. TX364 .C79 1996
- Dealing with sensitive issues*. (1996). New York: Glencoe/McGraw-Hill. (Grades 9-12).
Call Number: Curr.Mats. LB3409 .U5 J65 1996 v. 3
- Evers, C. L. (1995). *How to teach nutrition to kids: An integrated, creative approach to nutrition education for children ages 6-10*. Tigard, OR: 24 Carrot Press. (Grades K-5).
Call Number: Curr.Mats. TX364 .E957 1995
- Joint Committee on National Health Education Standards. (2003). *National health education standards*. New York: American Cancer Society. (Grades K-12).
Call Number: Curr.Mats. RA440.4 .J65 2003
- Meeks, L. B. (2005). *Comprehensive school health education: Totally awesome strategies for teaching health*. (4th ed). Boston: McGraw Hill. (Grades K-12).
Call Number: Curr.Mats. RA440 .M447 2005
- Meeks, L. B. (1999). *The Meeks Heit K-12 health education curriculum guide: A model for implementing the national health education standards*. Blacklick, OH: Meeks Heit Publishing Company. (Grades K-12).
Call Number: Curr.Mats. RA776 .M541 M43 1999
- Meeks, L. B. (2001). *Sexuality and character education K-12*. Chicago: Everyday Learning Corporation. (Grades K-12).
Call Number: Curr.Mats. HQ57.3 .M442 2001
- Meeks, L. B. (2002). *A teen's guide to sexuality: Building healthy relationship skills*. New York: Glencoe/McGraw Hill. (Grades 9-12).
Call Number: Curr.Mats. HQ57.3 .M4432 2002
- Meeks, L. B. (1995). *Violence prevention: Totally awesome teaching strategies for safe and drug-free schools*. Blacklick, OH: Meeks Heit Publishing Company. (Grades K-12).
Call Number: Curr.Mats. HQ784 .M44 1995
- Smith, C. J., Hendricks, C. M., & Bennett, B. S. (2006). *Growing, growing, strong: A whole health curriculum for young children*. St. Paul, MN: Redleaf Press. (Grades PreK).
Call Number: Curr.Mats. LB1140.5 .H4 S65 2006
- Teaching facts about birth control methods: Preparing for marriage and parenthood*. (2000). Blacklick, OH: Meeks Heit Publishing Company. (Grades 9-12).
Call Number: Curr.Mats. HQ766.8 .T43 2000

Toner, P. R. (1999). *The health teacher's book of lists*. New York: Center for Applied Research. (Grades K-12).

Call Number: Curr. Mats. LB1588 .U6 T66 1999

Virgilio, S. J. (2006). *Active start for healthy kids: Activities, exercises, and nutritional tips*. Champaign, IL: Human Kinetics. (Grades PreK-1).

Call Number: Curr.Mats. RJ133 .V54 2006

Physical Education Textbooks: Samples of textbooks used in some school districts.

Concepts of physical fitness: Active lifestyles for wellness. (2006). Boston: McGraw Hill.

Call Number: [Text] 613 Mcg 2006 Gr. 9-12

Fitness for life. (2005). Champaign, IL: Human Kinetics.

Call Number: [Text] 613 Hum 2005 Gr. 7-12

Physical Education Teaching Aids: Sample lesson plans and teaching activities.

Allen, L. (Ed.). (1997). *Physical activity ideas for action: Elementary level*.

Champaign, IL: Human Kinetics. (Grades K-5).

Call Number: Curr.Mats. GV365 .P497 1997

Allen, L. (Ed.). (1997). *Physical activity ideas for action: Secondary level*.

Champaign, IL: Human Kinetics. (Grades 6-12).

Call Number: Curr.Mats. GV365 .P499 1997

Barbarash, L. (1997). *Multicultural games*. Champaign, IL: Human Kinetics.

(Grades PreK-8).

Call Number: Curr.Mats. LB1029 .G3 B33 1997

Fishburne, G. J. (2005). *Building strong bones & muscles*. Champaign, IL: Human

Kinetics. (Grades PreK-8).

Call Number: Curr.Mats. GV363 .F57 2005

Foster, D. R. (1994). *Outdoor action games for elementary children: Active games & academic activities for fun & fitness*. West Nyack, NY: Parker Publishing.

(Grades K-5).

Call Number: Curr.Mats. GV443 .F66 1994

- Hennessy, B. F. (1996). *Physical education sourcebook*. Champaign, IL: Human Kinetics Publishers, Incorporated. (Grades K-12).
Call Number: Curr.Mats. GV223 .P476 1996
- Hughes, J. D. (2003). *No standing around in my gym: Lesson plans, games, and teaching tips for elementary physical education*. Champaign, IL: Human Kinetics. (Grades PreK-6).
Call Number: Cur. Mats. GV443 .H74 2003
- Kaufman, K. A. (2006). *Inclusive creative movement and dance*. Champaign, IL: Human Kinetics. (Grades K-12).
Call Number: Curr.Mats. GV1589 .K38 2006
- Landy, J. (1992). *Ready-to-use P.E. activities*. West Nyack, NY: Parker Publishing. (Grades K-9).
Call Number: Curr.Mats. GV443 .L334 1992 Books 1-4
- Lee, A. M. (2000). *Physical education for children: Daily lesson plans for middle school*. Champaign, IL: Human Kinetics. (Grades 6-8).
Call Number: Curr.Mats. GV223 .L42 2000
- Lee, M. (1999). *Moving to discover the USA*. Champaign, IL: Human Kinetics. (Grades K-4).
Call Number: Curr.Mats. GV443 .L417 1999
- Lodson, B. J. (1997). *Physical education unit plans*. Champaign, IL: Human Kinetics. (Grades K-6).
Physical education unit plans for preschool-K. Curr.Mats. GV443 .P472 1997
Physical education unit plans for grades 1-2. Curr.Mats. GV443 .P47 1997
Physical education unit plans for grades 3-4. Curr.Mats. GV443 .P477 1997
Physical education unit plans for grades 5-6. Curr.Mats. GV443 .P473 1997
- Mohnsen, B. S. (1997). *Teaching middle school physical education*. Champaign, IL: Human Kinetics. (Grades 6-8).
Call Number: Curr.Mats. GV365 .M65 1997
- National Association for Sport and Physical Education. (2004). *Moving into the future: National standards for physical education*. Reston, VA: NASPE Publications. (Grades K-12).
Call Number: Curr.Mats. GV443 .N258 2004
- National Dance Association. (1994). *National standards for dance education: What every young American should know and be able to do in dance*. Pennington, NJ: Princeton Book Company. (Grades K-12).
Call Number: Curr.Mats. GV1589 .N38 1994

Pica, R. (1999). *Moving and learning across the curriculum: 315 activities & games*. Albany, NY: Delmar Publishers. (Grades PreK-3).
Call Number: Curr.Mats. GV452 .P519 1999

Rouse, P. (2005). *Adapted games & activities: From tag to team building*. Champaign, IL: Human Kinetics. (Grades K-12).
Call Number: Curr.Mats. GV445 .R68 2005

Thomas, K. T. (2000). *Physical education for children: Daily lesson plans for elementary school*. Champaign, IL: Human Kinetics. (Grades K-6).
Call Number: Curr.Mats. GV443 .T42 2000

Weikart, P. S. (2003). *Movement in steady beat: Learning on the move ages 3-7*. Ypsilanti, MI: High/Scope Press. (Grades PreK – 3).
Call Number: Curr.Mats. GV452 .W435 2003

Websites:

Free Federal Resources for educational Excellence: Fact finding site for drug abuse, smoking, and other health related issues. Also has resources for physical education and many health related topics. (Grades K-12).

http://free.ed.gov/subjects.cfm?subject_id=60

New Jersey Comprehensive Health and Physical Education Standards: Academic and professional standards for the State of New Jersey for grades K-12. (Grades K-12).

http://education.state.nj.us/cccs/?_standard_matrix;c=2

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