

2011
Saskatchewan
Additional Learning Resources

Physical Education

4



Physical Education:

Additional Learning Resources 4

Prepared by:

Student Achievement and Supports Branch

Ministry of Education

2011

Physical education: additional learning resources 4

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Foreword

This list of learning resources identifies high-quality resources that have been recommended by the Ministry of Education to support the curriculum, *Physical Education 4*. This list will be updated as new resources are recommended and older ones are no longer available. A list of core learning resources can be found on the Ministry of Education website.

(CAN) indicates that a Canadian contributed to the development of the resource and/or that it includes Canadian content. (SK) indicates that a Saskatchewan person contributed to the development of the resource and/or that it includes Saskatchewan content. (FNMI) indicates that a First Nations, Métis, or Inuit person contributed to the development of the resource and/or that it includes First Nations, Métis, or Inuit content. Resources evaluated and recommended as support for the Western and Northern Canadian Protocol frameworks and Saskatchewan's provincial curricula have the designation (WNCP) before the annotation.

Recommended Online Video Education Resources (ROVER) offers video programs that have been purchased by the ministry for use in PreK-12 schools. Each recommended program contains a hyperlink directly to the program and accompanying resources (if provided).

Other resources beyond those recommended in this list may effectively support *Physical Education 4*. It remains the responsibility of educators to preview and select materials that best meet the needs of their school or community. Educators should choose resources in accordance with their school division's learning resources selection policy.

Pricing of the learning resources included in this document is subject to change without notice.

The Ministry of Education expresses its appreciation to publishers, producers, and distributors who have provided learning resources for evaluation, and gratefully acknowledges the contributions made by educators who served as evaluators.

Print, Audio-visual, and Other Resources



Brain Gains: Better Grades through Fitness

Annotation

(SK) *The National* visits an inner city high school in Saskatoon, where teacher Allison Cameron tests the theory that vigorous daily exercise improves academic performance. City Park Collegiate is considered a high school of last resort for students who have not been able to make it anywhere else. The Grade 8 and 9 students contend with a wide range of behavioural problems: almost half are diagnosed with ADHD, and many work at a Grade 4 level. When Allison came across groundbreaking research by Harvard psychiatrist John Ratey (author of *Spark*), showing a link between sustained aerobic activity and the brain's ability to learn, she took the data to her principal to make the case for a new approach. For Allison and her students, the program was a runaway success, and test results prove it.

K	1	2	3	4	5	6	7	8	9
	√	√	√	√	√	√	√	√	√

Suggested Uses

Active Living
Relationships
Professional Resource

Producer

Canadian Broadcasting Corporation

Distributor

ROVER
(Recommended Online Video Education Resources)
(866) 933-8333 (for technical inquiries or support)
Email: NetworkServices@gov.sk.ca
Website: <http://rover.edonline.sk.ca/index.htm>

Price: \$Free (within Saskatchewan PreK-12 schools)

Length: 16 min.

ID Number: N328

Copyright: 2009

Year Recommended: 2010

Expiry Date: July 1, 2015



BrainDance Series

Annotation

In this series, Anne Green Gilbert and her students (toddlers through seniors) demonstrate eight variations of the BrainDance. These exercises move through eight fundamental movement patterns that wire the central nervous system in the first year of life. The BrainDance offers benefits such as improved mood, reduced stress, and increased alertness and concentration. It can be used at home, at school, in the office, and in the dance studio for brain reorganization, connectivity/alignment, a centring body/brain warm-up or to wake up or calm down. Variations include rhyming with young children, standing, lying down, sitting in chairs, travelling, and working with partners.

Note: This resource has also been recommended to support the arts education curriculum at the Kindergarten to Grade 12 levels.

K	1	2	3	4	5	6	7	8	9
✓	✓	✓	✓	✓	✓				

Suggested Uses

Active Living
Relationships
Skillful Movement
Professional Resource

Producer

AGG Productions

Distributor

ROVER

(Recommended Online Video Education Resources)

(866) 933-8333 (for technical inquiries or support)

Email: NetworkServices@gov.sk.ca

Website: <http://rover.edonline.sk.ca/index.htm>

Price: \$Free (within Saskatchewan PreK-12 schools)

Copyright: 2003

Year Recommended: 2011

Expiry Date: July 1, 2015

Title	ID Number	Length
1. <i>Introduction</i>	N591	3 min.
2. <i>With Rhymes</i>	N592	12 min.
3. <i>Standing</i>	N593	7 min.
4. <i>Sitting in Chairs</i>	N594	11 min.
5. <i>Lying Down</i>	N595	10 min.
6. <i>Travelling & With Partner</i>	N596	8 min.
7. <i>Rhymes – Variations</i>	N597	10 min.
8. <i>Integrating Concepts</i>	N598	14 min.



Canadian Active Living Fitness Circuit Charts: Elementary Series

Editor: Temertzoglou, Ted

Annotation

(CAN) There are 40 laminated charts, 49 cm by 34 cm, from the *Elementary Schools Series* that assist teachers and students with whole-body training. Two cards provide front and back views of the muscular and skeletal systems. The 40 cards are coloured photographs of activities. Each activity card has the title of the activity, detailed instructions on how to perform the activity, and safety tips.

A 30-page teacher manual accompanies the cards and provides information on equipment that is required, fitness circuit layouts, determining repetitions and sets, suggestions for music, the benefits of each exercise, and an assessment and evaluation rubric.

K	1	2	3	4	5	6	7	8	9
			√	√	√				

Suggested Uses

Active Living
Skillful Movement
Student Resource
Professional Resource

Publisher/Distributor

Thompson Educational Publishing
6 Ripley Ave, Suite 200
TORONTO ON M6S 3N9
(416) 766-2763
Fax: (416) 766-0398
Email: orderdesk@thompsonbooks.com
Website: www.thompsonbooks.com/

Price: \$281.25

ISBN: 978-1-55077-155-8

Copyright: 2006

Year Recommended: 2011



The Creative Dance Keys

Annotation

(CAN) This multi-resource kit includes a CD-ROM, a key-shaped instruction booklet, a 60-minute video, 12 vocabulary-building word rings, and a music program on compact disc.

The bilingual CD-ROM (French and English) is an interactive resource designed to assist teachers in researching and planning dance lessons. Users can quickly scan the contents of the instruction booklet, view a video sample, listen to a music sample, and more.

The key-shaped instruction booklet includes a teacher's guide and 20 creative dance structures with over 60 variations. It offers clear, descriptive directions.

The 60-minute video shows Elementary Level children demonstrating the 20 basic dance lessons.

The 12 word rings contain over 1,200 words that have the potential to help extend vocabulary and imagination. An endless expansion of movement options occurs when the word rings are combined with the dance structures on the keys.

The kit offers 95 minutes of a variety of instrumental music on compact disc.

Note: This resource has also been recommended to support the arts education curriculum at the elementary level.

K	1	2	3	4	5	6	7	8	9
	√	√	√	√	√				

Suggested Uses

Skillful Movement

Student Resource

Professional Resource

Publisher/Distributor

Synergy Movement Workshops Inc.

13903 48 Ave

EDMONTON AB T6H 0G1

(780) 437-1156

Fax: (780) 430-8993

Email: dancekeys@synergymovement.com

Website: www.synergymovement.com/home.html

Price: \$299.00

Order Number: Kit-007

Copyright: 1991

Year Recommended: 2006

Elementary Folk Dance: Division I & II

Annotation

(CAN) Numerous folk dances are featured on two CDs. Each musical selection is instrumental only, with no vocal instructions, allowing the teacher and students to add or create their own movements. The traditional dances include "Bridge of Avignon," "The Shoemaker's Dance," "The Virginia Reel," "Maple Leaf Stomp," "Montego Bay," and "Salty Dog Rag."

The teachers' guides contain brief histories of the dances with suggested formations and ideas for dancing.

Note: This resource has also been recommended to support the arts education curriculum at the Grades 1 to 5 levels.

K	1	2	3	4	5	6	7	8	9
	√	√	√	√	√				

Suggested Uses

Active Living
Relationships
Skillful Movement
Student Resource
Professional Resource

Producer/Distributor

Can-Ed Media Ltd.
43 Moccasin Trail
TORONTO ON M3C 1Y5
(416) 445-3900
Fax: (416) 445-9976
Email: canedmedia@sympatico.ca

Price: \$29.95 per set

Order Number: 2000-1/2000-2

Copyright: unknown

Year Recommended: 2003

Energy In, Energy Out: Food as Fuel

Author: Burstein, John

Annotation

This book from the *Slim Goodbody's Lighten Up! Series* discusses what a healthy weight is, good food choices, appropriate portion sizes, and the value of daily physical activity. It also addresses diet fads, eating disorders, and steroids. The book also includes some suggestions for making healthy choices and setting personal goals. Colourful illustrations, charts, and graphs enhance the easy-to-read text. Included are a table of contents, a glossary, a list of websites for further information, and an index.

Note: This resource has also been recommended to support the health education curriculum at the Grade 4 level.

K	1	2	3	4	5	6	7	8	9
				√					

Suggested Uses

Active Living
Skillful Movement
Student Resource

Publisher/Distributor

Crabtree Publishing Company
616 Welland Ave
ST CATHARINES ON L2M 5V6
(800) 387-7650
(905) 682-5221
Fax: (800) 355-7166
Email: peter_c@crabtreebooks.com
Website: www.crabtreebooks.com

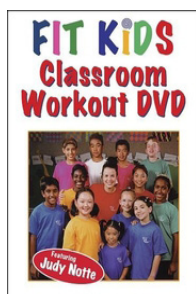
Price: \$23.99 hdc.

Pagination: 32 p.

ISBN: 978-0-7787-3914-2

Copyright: 2008

Year Recommended: 2010



Fit Kids: Classroom Workout

Annotation

(CAN) This video can be used in any school space to invigorate and motivate students. It excites students about being physically active and provides an ideal break from the day's routines. It can also be used as a warm-up to other physical activity.

The program includes four 5-minute and two 10-minute workouts, plus a brief "healthy message" at the end of each exercise segment. Each classroom workout teaches moves from a different genre:

- Hip and Happening Kardio Funk
- Drum-beating, Foot-stomping African
- Shimmy, Shaking, and Loving Latin
- Heart-pounding, Arms-pumping Aerobic Dance.

The two 10-minute choreographed workouts – "Getting Funky" and "Loving African" – link the moves that have been taught during the four shorter workouts, while the six healthy messages provide basic information about the importance of a healthy lifestyle.

Instructor Judy Notte is a certified fitness professional with the American Council on Exercise (ACE) and a three-star presenter with the International Dance Exercise Association (IDEA). She is also a full-time teacher in Vancouver, British Columbia. Notte has made presentations on youth fitness and wellness at international conferences and published articles in *IDEA Source*, *IDEA Today*, and *The Runner*. Notte has been recognized as a Nike Fitness Athlete and as a Rick Hansen Role Model.

A teacher's guide is available.

K	1	2	3	4	5	6	7	8	9
			√	√	√	√	√	√	

Suggested Uses

Skillful Movement
Student Resource
Professional Resource

Producer

Human Kinetics

Distributor

ROVER
(Recommended Online Video Education Resources)
(866) 933-8333 (for technical inquiries or support)
Email: NetworkServices@gov.sk.ca
Website: <http://rover.edonline.sk.ca/index.htm>

Price: \$Free (within Saskatchewan PreK-12 schools)

Length: 50 min.

ID Number: TBA

Copyright: 2005

Year Recommended: 2011

Expiry Date: July 1, 2016



Fun and Games: 100 Sport-related Activities for Ages 5-16

Authors: Dowson, Anthony and Morris, Keith E. J.

Annotation

To keep children active, movement activities need to be fun and entertaining. The two authors have included 100 activities and games to develop students' movement skills. The games are easy to teach, and equipment requirements are minimal. A game-finder index is provided, and each game includes age range, equipment required, a description of the game, illustrations, safety tips, game advice tips, and variations to the game. Activities are included to support the development of skills that can be used in a variety of games such as basketball or netball, cricket, hockey, parachute, rugby, soccer, tennis, and badminton.

K	1	2	3	4	5	6	7	8	9
				✓	✓	✓	✓	✓	

Suggested Uses

Active Living
Relationships
Skillful Movement
Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
Email: info@hkcanada.com
Website: www.humankinetics.com/

Price: \$25.95 pbk.

Pagination: 185 p.

ISBN: 978-0-7360-5438-6

Copyright: 2005

Year Recommended: 2008

Get Active!

Author: Spilsbury, Louise

Annotation

With appealing colour photographs, this book clearly explains why exercise is valuable for everyone, what foods help people to be active, why drinking water is vital, why wearing a helmet is important, and more. The book includes a table of contents, a glossary, a short bibliography of books and websites for further information, and an index.

K	1	2	3	4	5	6	7	8	9
				√	√				

Suggested Uses

Active Living

Student Resource

Publisher/Distributor

Crabtree Publishing Company

616 Welland Ave

ST CATHARINES ON L2M 5V6

(800) 387-7650

(905) 682-5221

Fax: (800) 355-7166

Email: peter_c@crabtreebooks.com

Website: www.crabtreebooks.com

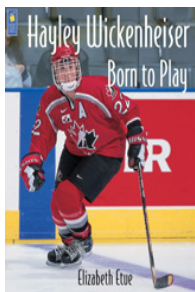
Price: \$22.95 hdc.

Pagination: 24 p.

ISBN: 978-0-7787-9941-2

Copyright: 2011

Year Recommended: 2011



Hayley Wickenheiser: Born to Play

Author: Etue, Elizabeth

Annotation

(SK) From her early years in Shaunavon to playing for Canada's national women's team, Wickenheiser has become a household name in women's hockey. She was also one of the few athletes to participate in the Olympics in two different sports (softball and hockey). Through many colour photographs and her own words, this book highlights Haley's accomplishments and her perseverance in meeting her goals.

K	1	2	3	4	5	6	7	8	9
				✓	✓				

Suggested Uses

Skillful Movement
Student Resource

Publisher

Kids Can Press

Distributor

University of Toronto Press
5201 Dufferin St
TORONTO ON M3H 5T8
(866) 481-5827
Fax: (800) 221-9985
Email: utpbooks@utpress.utoronto.ca
Website: www.utpress.utoronto.ca/utp_H3.htm

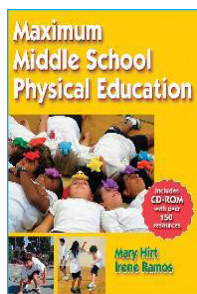
Price: \$7.95 pbk.

Pagination: 40 p.

ISBN: 978-1-55337-791-5

Copyright: 2005

Year Recommended: 2011



Maximum Middle School Physical Education

Authors: Hirt, Mary and Ramos, Irene

Annotation

It is important to create an environment where all students experience success in physical education. The lessons and activities in this book make fitness fun so that all students are engaged and experience positive results. The beginning of the book provides information on how teachers can establish expectations and appropriate behaviours. The activity-finder categorizes the activities into icebreakers, fitness fun, team initiatives, sequence learning, and social skills, so that educators can easily locate the specific activities that meet their particular needs. The book focuses on student-centred learning.

An accompanying CD-ROM includes assessment activities and other support materials.

K	1	2	3	4	5	6	7	8	9
				√	√	√	√		

Suggested Uses

Active Living
Relationships
Skillful Movement
Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
Email: info@hkcanada.com
Website: www.humankinetics.com/

Price: \$31.95 pbk.

Pagination: 165 p.

ISBN: 978-0-7360-5779-0

Copyright: 2008

Year Recommended: 2008



More Fun and Games: 100 New Sport-related Activities

Author: Dowson, Anthony

Annotation

This book offers 100 games and activities, both multi-sport and specific games to help students hone their skills for soccer, cricket, basketball, tennis, netball, rugby, volleyball, badminton, and hockey. The games are designed to maximize participation and to build skills such as decision making and teamwork. Each game includes information on required equipment, rules, and coaching advice. The games require minimal equipment, are easy to organize, and can be easily adapted to suit the size of the group and the skill level. *More Fun and Games* includes a table of contents and a game-finder section that will help teachers to select appropriate games for their students.

K	1	2	3	4	5	6	7	8	9
				√	√	√	√	√	√

Suggested Uses

Skillful Movement

Professional Resource

Publisher/Distributor

Human Kinetics

475 Devonshire Rd, Unit 100

WINDSOR ON N8Y 2L5

(800) 465-7301

Fax: (519) 971-9797

Email: info@hkcanada.com

Website: www.humankinetics.com/

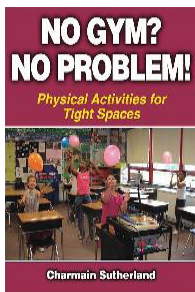
Price: \$26.95 pbk.

Pagination: 265 p.

ISBN: 978-0-7360-7730-9

Copyright: 2009

Year Recommended: 2011



No Gym? No Problem!: Physical Activities for Tight Spaces

Author: Sutherland, Charmain

Annotation

This book suggests movement activities that can be done in tight spaces. The activities are categorized according to warm-ups and games, fitness, movement and gymnastics, rhythms, throwing and catching, dribbling and kicking, striking and volleying, game shows, reality shows, special events, board games, and cool-downs. Each activity entry in the book has an introduction, the equipment required, a description of the activity, the setup, objectives, a warm-up, cues and concepts, assessment ideas, safety tips, ideas for enrichment or modification, a conclusion, and links to real life, as well as ideas for trying the activities at home. Charts and diagrams are provided to assist with the setup.

K	1	2	3	4	5	6	7	8	9
			√	√	√	√	√		

Suggested Uses

Active Living
Relationships
Skillful Movement
Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
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Website: www.humankinetics.com/

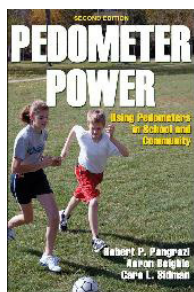
Price: \$34.95 pbk.

Pagination: 248 p.

ISBN: 978-0-7360-5770-7

Copyright: 2006

Year Recommended: 2008



Pedometer Power: Using Pedometers in School and Community. 2nd ed.

Authors: Pangrazi, Robert P.; Beighle, Aaron; and Sidman, Cara L.

Annotation

There are 65 field-tested pedometer activities in this publication. The author encourages the use of pedometers within schools and outside of schools so that students will gain a realistic, deeper understanding of their own level of activity and become physically active at all times of the day. The book presents information on funding, purchasing, managing, and using pedometers in physical education. The pedometer activities are classified into levels, and educators are given ideas for teaching students how to set personal activity goals.

K	1	2	3	4	5	6	7	8	9
				√	√	√	√	√	√

Suggested Uses

Active Living
Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
Email: info@hkcanada.com
Website: www.humankinetics.com/

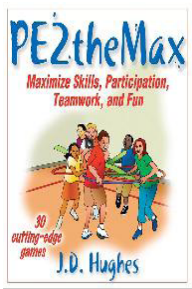
Price: \$24.95 pbk.

Pagination: 170 p.

ISBN: 978-0-7360-6272-5

Copyright: 2007

Year Recommended: 2008



PE2theMax: Maximize Skills, Participation, Teamwork, and Fun

Author: Hughes, J.D.

Annotation

The author has created 30 innovative physical education games for Elementary and Middle Level students. The games have been field tested, and have been designed for the participation of various numbers of students – from 16 to 75. Each game includes the objective, the equipment required, a scenario to prepare the students for the game, the preparation required before playing the game, the rules of the game, safety tips, and variations of the game. A game-finder at the beginning of the book gives the name of the game, the intended grade levels, what skills are reinforced, the number of players, equipment required, and the number of minutes to play the game. Many of the games in this resource will support student achievement of the outcomes of the curricula.

K	1	2	3	4	5	6	7	8	9
		√	√	√	√	√	√	√	

Suggested Uses

Active Living
Relationships
Skillfull Movement
Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
Email: info@hkcanada.com
Website: www.humankinetics.com/

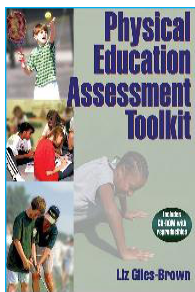
Price: \$23.95 pbk.

Pagination: 101 p.

ISBN: 978-0-7360-5635-9

Copyright: 2005

Year Recommended: 2008



Physical Education Assessment Toolkit

Author: Giles-Brown, Liz

Annotation

This publication includes assessment templates that can be customized for various physical education activities. The reproducible templates can be used to assess different concepts and skills. Three sample units are included that incorporate varying assessments. Teachers can use these ideas to support their planning for assessing students based on the outcomes of the provincial curricula.

The accompanying CD-ROM includes assessment forms for daily self-assessment, setting goals and reflecting on performance, motor skills, students' knowledge of the connection between skills and concepts, fitness knowledge, and knowledge of activity strategies.

K	1	2	3	4	5	6	7	8	9
				√	√	√	√	√	√

Suggested Use

Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
Email: info@hkcanada.com
Website: www.humankinetics.com/

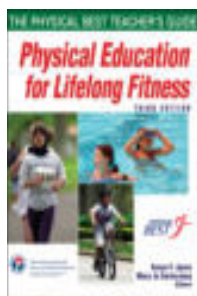
Price: \$38.95 pbk.

Pagination: 280 p.

ISBN: 978-0-7360-5796-7

Copyright: 2006

Year Recommended: 2008



Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide. 3rd ed.

Author: National Association for Sport and Physical Fitness

Annotation

This book emphasizes the benefits of lifelong fitness and the role that teachers have to play in engaging students to become active for life. It shows teachers how to include health-related fitness in their planning. Based on current information, the text provides a conceptual framework that explains how to implement high-quality programs by presenting information on teaching styles and strategies. One section covers planning and teaching methods, and another part includes principles of assessment. Photographs, drawings, and tables are used throughout the text. An index is provided. Teachers can use these ideas to support their planning for learning and assessing based on the outcomes of the provincial curricula.

Note: American standards, which are not used in Saskatchewan, are included in the book.

K	1	2	3	4	5	6	7	8	9
				✓	✓	✓	✓	✓	✓

Suggested Uses

Active Living
Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
Email: info@hkcanada.com
Website: www.humankinetics.com/

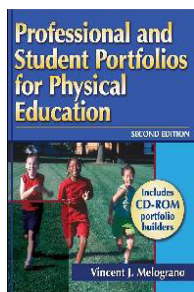
Price: \$41.95 pbk.

Pagination: 352 p.

ISBN: 978-0-7360-8116-0

Copyright: 2011

Year Recommended: 2011



Professional and Student Portfolios for Physical Education. 2nd ed.

Author: Melograno, Vincent J.

Annotation

Despite the references to American standards, which are not applicable to Saskatchewan, this book presents a wealth of information on creating teacher and student portfolios, an appropriate option for assessment in physical education. Portfolios provide a comprehensive, real-life approach to assessment that reflects what a student knows and is able to do. One section in this resource supports understanding assessment. Not only is this resource valuable for guiding teachers in how to use portfolios effectively for students, but it also provides ideas for teacher portfolios.

The accompanying CD has step-by-step instructions for creating portfolios.

K	1	2	3	4	5	6	7	8	9
√	√	√	√	√	√	√	√	√	√

Suggested Use

Professional Resource

Publisher/Distributor

Human Kinetics
475 Devonshire Rd, Unit 100
WINDSOR ON N8Y 2L5
(800) 465-7301
Fax: (519) 971-9797
Email: info@hkcanada.com
Website: www.humankinetics.com/

Price: \$42.95 pbk.

Pagination: 276 p.

ISBN: 978-0-7360-5924-4

Copyright: 2006

Year Recommended: 2008



Rene Bibaud's Complete Fundamentals of Rope Jumping

Annotation

Rene Bibaud's Complete Fundamentals of Rope Jumping DVD will help teachers use jump ropes – and help students ages 7 through 11 have fun while being active. This 108-minute DVD takes the educator through eight sets of skill breakdowns, including single-rope skills, long-rope activities, group routines, build-ups for double dutch, and fun games. Instructor Rene Bibaud provides personal stories, entertaining metaphors, inspiring messages, and motivational tools, as well as concise and uncomplicated lesson plans with measurable outcomes that can be printed from a computer.

K	1	2	3	4	5	6	7	8	9
	√	√	√	√	√	√			

Suggested Uses

Skillful Movement

Student Resource

Professional Resource

Producer

Human Kinetics

Distributor

ROVER

(Recommended Online Video Education Resources)

(866) 933-8333 (for technical inquiries or support)

Email: NetworkServices@gov.sk.ca

Website: <http://rover.edonline.sk.ca/index.htm>

Price: \$Free (within Saskatchewan PreK-12 schools)

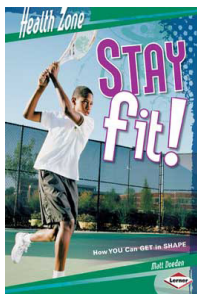
Length: 50 min.

ID Number: TBA

Copyright: 2005

Year Recommended: 2011

Expiry Date: July 1, 2016



Stay Fit! How You Can Get in Shape

Author: Doeden, Matt

Illustrator: Desrocher, Jack

Annotation

With colourful photographs, cartoons, and information boxes, this appealing book from the *Health Zone Series* offers useful information on how to become physically fit, how to nourish your body with healthy foods, and the benefits of regular physical activity and healthy eating. The book includes a table of contents, a bibliography of resources for further information, a glossary, and an index.

Two other books in the series, *Stay Clear!: What You Should Know about Skin Care* and *Take a Stand! What You Can Do about Bullying*, complement the Grade 5 health education curriculum.

Note: This resource has also been recommended to support the health education curriculum at the Grade 4 level.

K	1	2	3	4	5	6	7	8	9
				√					

Suggested Uses

Active Living

Student Resource

Publisher

Lerner Publications

Distributor

Saunders Book Company

PO Box 308

COLLINGWOOD ON L9Y 3Z7

(888) 461-9120

(705) 445-4777

Fax: (800) 561-1763

Email: info@saundersbook.ca

Website: www.librarybooks.com

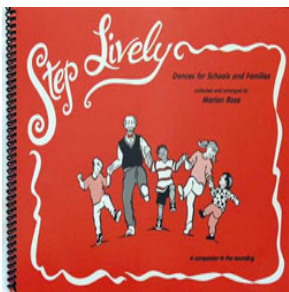
Price: \$27.55 hdc.

Pagination: 64 p.

ISBN: 978-0-8225-7553-5

Copyright: 2009

Year Recommended: 2010



Step Lively Series

Author: Rose, Marian

Annotation

(CAN) This dance series reflects the rich Canadian heritage of traditional dance and music. The introduction contains valuable background information about the author, the world of fiddle music, and the author's rationale for choosing the dances that are included in the book. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Cartoon illustrations, formation patterns, and boxes with variations and quotes add to the attractive layout. A glossary, a section entitled "Tips for Teachers" and an extensive bibliography are included. A CD with the music for all the dances is tucked into the front cover.

Further information may be found at www.marianrose.com.

Note: This resource has also been recommended to support the arts education curriculum at the Grades 1 to 5 levels.

K	1	2	3	4	5	6	7	8	9
	√	√	√	√	√				

Suggested Uses

Active Living
Relationships
Skillful Movement
Student Resource
Professional Resource

Publisher/Distributor

Community Dance Project
c/o Marian Rose
PO Box 56078, First Ave
VANCOUVER BC V5L 5E2
(604) 254-5678
Email: info@communitydance.ca
Website: www.marianrose.com/

Price: \$39.95 each coil-bound

Pagination: varies

Copyright: 2000 & 2003

Year Recommended: 2003 & 2004

Title	ISBN
<i>Step Lively!: Dances for Schools and Families</i>	978-0-9687569-0-4
<i>Step Lively 2: Canadian Dance Favourites</i>	978-0-9687569-1-1
<i>Step Lively 3: Primary Dances</i>	978-0-9687569-2-8

Steps in Time: Métis Dances

Annotation

(SK, FNMI) This video teaches three Métis dances: Duck Dance, Fancy Jig, and Rabbit Dance. These dances are combinations of several steps which are demonstrated clearly. *Steps in Time: Métis Dances* can be used independently or in conjunction with *Métis Dances Kit: Kindergarten to Grade 9* (that is also recommended).

This video is available online at www.metismuseum.ca.

Note: This resource has also been recommended to support the arts education curriculum at the Grades 1 to 9 levels.

K	1	2	3	4	5	6	7	8	9
	√	√	√	√	√				

Suggested Uses

Active Living
Relationships
Skillful Movement
Student Resource

Producer/Distributor

Gabriel Dumont Institute of Native Studies &
Applied Research
2 - 604 22nd St W
SASKATOON SK S7M 5W1
(306) 934-4941
Fax: (306) 244-0252
Email: gdi@gdins.org
Website: www.gdins.org

Price: \$Free online

Length: 21 min.

No order number is required.

Copyright: 1990

Year Recommended: 1992

Teaching the Basics: Resource Manual

Author: British Columbia Ministry of Education

Annotation

(CAN) This series, developed for the Premier's Sport Awards Program (P.S.A.P.), contains detailed lesson plans for teaching the skills required in various sports. The lessons are well organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections that emphasize participation and positive attitudes. The coil-bound books include skill checklists, rules, and other details about the featured sport.

Teachers in Saskatchewan who choose to use these books will need to make some adaptations in order to follow a curriculum that is designed conceptually, emphasizing skill development rather than the development of sport activities. Selected books, however, could be very useful, particularly for teachers unfamiliar with specific sport activities.

K	1	2	3	4	5	6	7	8	9
				√	√	√	√	√	√

Suggested Uses

Skillful Movement

Professional Resource

Publisher/Distributor

Premier's Sport Awards Program

360 - 3820 Cessna Dr

RICHMOND BC V7B 0A2

(800) 565-7727

(604) 738-2468

Fax: (604) 333-3579

Email: info@jwsporta.ca

Website: www.psap.jwsporta.ca

Price: \$20.00 each coil-bound

\$252.00 set of 14

Pagination: varies

Copyright: 2005-2007

Year Recommended: 2008

Title	ISBN
Badminton	978-0-7726-2175-7
Basketball	978-0-7726-4106-9
Curling	978-0-7726-3176-3
Disc Sports	978-0-7726-4372-8
Field Hockey	978-0-7726-1411-7
Golf	978-0-7726-4417-6
Gymnastics	978-0-7726-0038-6
Ice Skating	978-0-7726-1410-0
Judo	978-0-7726-4232-5
Orienteering	978-0-7726-1204-5
Soccer	978-0-7726-0364-7
Softball	978-0-7726-1408-7
Track & Field	978-0-7726-2589-2
Volleyball	978-0-7726-1473-5

Wisdom Keepers

Annotation

(CAN, FNMI) In *Wisdom Keepers*, from the *Dance Alive Series*, powwow dances such as the Grass, Jingle, and men's and women's Fancy dances are demonstrated. History and issues surrounding First Nations dances are discussed and dancers are interviewed.

Note: This resource has also been recommended to support the arts education curriculum at the Grades 1 to 9 levels.

K	1	2	3	4	5	6	7	8	9
	✓	✓	✓	✓	✓				

Suggested Uses

Active Living
Relationships
Skillful Movement
Student Resource

Producer

Reel Eye Media

Distributor

ROVER
(Recommended Online Video Education Resources)
(866) 933-8333 (for technical inquiries or support)
Email: NetworkServices@gov.sk.ca
Website: <http://rover.edonline.sk.ca/index.htm>

Price: \$Free (within Saskatchewan PreK-12 schools)

Length: 28 min.

ID Number: V8736

Copyright: 1993

Year Recommended: 2000

Expiry Date: Perpetuity

Digital Resources

The Ministry of Education is also planning to post recommended websites on its new website, *Saskatchewan Curriculum – Education: The Future within Us*.

Current Internet sites that provide information for physical education teachers follow:

American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD) at www.aahperd.org/

This American organization publishes the highly regarded periodical, *The Journal of Physical Education, Recreation & Dance (JOPERD)*.

North American Indigenous Games at www.virtualmuseum.ca/Exhibitions/Traditions/

The site provides information on traditional and current sporting events and games. There is information about the sacred run, lacrosse, canoeing, kayaking, and other prominent Indigenous games.

Physical Education and Activity Online Resource at www.physedsources.com/

(CAN) This useful site provides web links to worldwide physical education and physical activity resources. The website is developed and managed by a Canadian educator.

Provincial Sport Governing Bodies at www.sasksport.sk.ca/psgbs.php

(SK) The site provides web links for Saskatchewan's sport-governing bodies (PSGBs) who foster, develop, promote, and regulate the playing and officiating of their sport.

Sask Sport Inc. at www.sasksport.sk.ca/

(SK) Sask Sport Inc. is an umbrella organization for amateur sport associations. The members work together to develop programs and services for all Saskatchewan residents. The online resources support student achievement of the various outcomes in the physical education curricula.

Saskatchewan Health Education Association (SHEA) at www.sheaonline.ca/

(SK) SHEA is a special subject council of the Saskatchewan Teachers' Federation (STF) for health educators. SHEA publishes a newsletter.