

# Physical Education

## Appendix C: Teacher Resources

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### **Adapted Physical Education**

<http://www.pecentral.org/adapted/adaptedactivities.html>

### **Dances**

[http://www.drwoolard.com/dances\\_elementary/index.htm](http://www.drwoolard.com/dances_elementary/index.htm)

### **Fitness**

<http://www.getkidsactive.com/>

### **FitnessGram Assessment**

<http://cooperinst.org>

### **Integrated Physical Education**

<http://www.pecentral.org/lessonideas/classroom/classroom.asp>

<http://lessonplanspage.com/PEK1.htm>

### **Nutrition**

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

<http://dole5aday.com/>

<http://school.discovery.com/schrockguide/health/fitness.html>

### **Physical Education Lesson Plans**

<http://www.pecentral.org>

<http://www.pelinks4u.org>

<http://www.lessonplanspage.com/>

<http://www.ops.org/pe/elem.html>

Physical Education Pamphlets (Free) for Parents, Teachers, Principals

<http://www.cdc.gov/HealthyYouth/PhysicalActivity>

**President's Challenge Assessment**

<http://www.cs.indiana.edu>

**Sports Rules**

<http://www.sportsrules.50g.com>