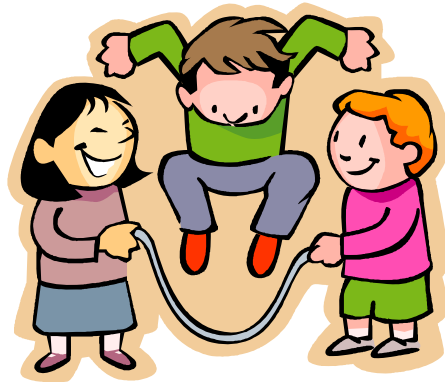


Physical Education 1-5:



Recommended Resources for the Renewed Curricula

*A list of professional materials available for borrowing
from the Stewart Resources Centre – February 2012*



The STF Stewart Resources Centre – CHECK US OUT!

In order to serve you better, we have compiled the following list of resources that directly address some of your professional needs. We hope you find this publication helpful, and we would be pleased to hear from you if you would like us to continue producing more specialized resource lists, or if you have suggestions on how we can improve our service to you. We want to serve you better!

We make it easy for you to use the Stewart Resources Centre:

- For rural schools, we mail our resources directly to you and provide a postage-paid mailing label for you to use to mail the resources back to us. (Audio-visual resources are excluded from the Canada Post library mailing rate, so you will need to pay postage to return these items.)
- For schools in Saskatoon, your resources arrive at your school through the weekly inter-school mail delivery. Materials may also be returned to us using this courier system.
- You don't need to know the exact titles for resources you need. Provide a topic and an approximate grade level at which you would like to use the materials, and we will do the rest!
- We are accessible 24 hours a day through the STF website: www.stf.sk.ca You may search our catalog online or email us your resource requests at: src@stf.sk.ca
- Call us! STF members may call the Stewart Resources Centre toll-free at 1-800-667-7762, ext. 6323, or we can be reached at 373-1660, ext. 6323 for local calls.
- Visit us in person! We are open 8:30 a.m. to 5:00 p.m. from Monday to Friday.



PHYSICAL EDUCATION GRADE 1



Indicates item is a Ministry of Education's Core Learning Resource.



372.86 G739

Children moving : a reflective approach to teaching physical education / Graham, George.

Holt/Hale, Shirley Ann. Parker, Melissa.

New York, NY: McGraw-Hill, 2007.

Subjects: Physical education for children – Study and teaching. Physical education for children – Curricula. Movement education.

Summary: This book is a practical guide to teaching physical education to the elementary school child. Its skill theme approach guides teachers in the process of assisting children develop their motor skills and physical fitness through developmentally appropriate activities.



372.86 L475

Children on the move : an active living alphabet / LeDrew, June E. Anderson, Kim A.

Regina, SK: Bethnold Creations, 2001.

Subjects: Children – Health and hygiene – Juvenile literature. English language – Alphabet – Juvenile literature.

Summary: This book offers 26 colourful illustrations that depict examples of active living. Included are interactive “I can spot...” sentences for object identification. The book also features an A to Z list of helpful suggestions for becoming active.

Contrast and Continuum Series



372.868 C467

Music for creative dance, volume I [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1993.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume II [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1994.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.

- Annotations have been excerpted from book descriptions provided by the publishers and from bibliographies distributed by the Saskatchewan Ministry of Education.



372.868 C467

Music for creative dance, volume III [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1998.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume IV [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 2000.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 K57

Dance on the move : an active living alphabet / Kipling-Brown, Ann.

Regina, SK: Dance Saskatchewan, 2003.

Subjects: Dance for children – Juvenile literature. Alphabet books – Juvenile literature.

Summary: This book offers dance activities from A to Z that are intended to help young students extend movement potential, create dances, and discuss and reflect upon dance. This resource also includes an alphabetical list of dance forms from various cultures, people who work in the field of dance, and movement words that are commonly used by choreographers, dancers, and teachers while creating and teaching dance.

152.47 E34

8 ways to handle anger (without hitting) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Anger in children – Juvenile films. Conflict management – Juvenile films.

Summary: In this entertaining and information-packed program, children learn that it's okay to feel angry and there are safe and appropriate ways to handle anger.

372.868 M745

Elementary folk dance : division I and II [CD]

Toronto, ON: Can-Ed Media, n.d.

Subjects: Folk dancing. Folk dance music.

Summary: 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.

372.37 G613

Exercise / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Exercise – Juvenile fiction. Health – Juvenile fiction.

Summary: Like many children their age, Tom and Emily don't get as much exercise as they should. This changes the day their grandmother comes to visit. Soon, the Tom and Emily learn all about the benefits of exercise and start to feel much healthier.



372.86 T733

Get up and go : being active / Tourville, Amanda Doering.
Minneapolis, MN: Picture Window Books, 2009.

Subjects: Exercise for children – Juvenile literature. Physical fitness – Juvenile literature.

Summary: This picture book features two young girls who live an active lifestyle. They participate in activities such as walking to school, jumping rope, climbing on playground equipment, playing kickball, climbing stairs, riding bikes, walking the dog, and more. Some of the activities are done with family members.

813.6 B658

How do you wokka-wokka? / Bluemle, Elizabeth.

Somerville, MA: Candlewick Press, 2009.

Subjects: Stories in rhyme. Dance – Juvenile fiction.

Summary: With energetic oil paintings and rhyming text, this book features a young boy who invites his neighbours to a party where they can get moving in their own wokka-wokka way.

372.37 I73

Is it okay? : staying safe [DVD]

Hawthorne, NY: Sunburst Visual Media, 2006.

Subjects: Safety education – Juvenile films. Accidents – Prevention – Juvenile films.

Summary: Safety Sam the Fireman and his dog Rescue, teach kids the “Ten Super Safety Rules” that cover street safety, personal safety and safety from strangers. Songs and true-to-life situations help kids relate to these special safety scenarios and reinforce key safety tips. From taking a friend’s medicine or chasing a ball into the street, to opening the door to a stranger or approaching an unknown animal, this program helps kids recognize what they can do to stay safe.



371.904486 M935

Moving to inclusion : active living through physical education : maximizing opportunities for students with disabilities

Gloucester, ON: CAHPER, 1994.

Subjects: Physical education for handicapped persons. Physical education for handicapped children.

Summary: The series includes nine booklets on how adaptations can be made in movement activities to include students with various abilities. Each booklet provides information on the specific disability; adaptation ideas on how students can be involved in various movement activities such as aquatics, track and field, weight training, team games, and other fitness endeavors; and a section on assessment and evaluation.



372.86 P585

Physical education for young children : movement ABCs for the little ones / Pica, Rae.
Champaign, IL: Human Kinetics, 2008.

Subjects: Physical education for children. Movement education. Early childhood education.

Summary: This book focuses on the fundamentals of movement education for four- to eight-year-olds. It provides a logical progression of movement skills, information on the elements of movement (space, time, shape, force, flow, and rhythm), numerous activities that help students to develop motor skills, manipulative skills, fitness, and understanding of the elements of movement, and guidance in understanding the needs of young children and writing suitable lesson plans that complement curriculum.

796.07 M517

Professional and student portfolios for physical education (2nd ed.) / Melograno, Vincent.

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical fitness – Testing. Portfolios in education.

Summary: 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.



372.868 B471

Rhythmic activities and dance (2nd ed.) / Bennett, John Price. Riemer, Pamela Coughenour.

Champaign, IL: Human Kinetics, 2006.

Subjects: Movement education. Rhythm – Study and teaching. Dance for children – Study and teaching. Physical education for children – Study and teaching.

Summary: This book is a collection of some of the most popular recreational dance forms, geared for teachers of K-12 students. It features: a chapter on social dance, focusing 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 for your students; a strong focus on social development, including suggestions for setting up a non-threatening environment and including students of all abilities; assessment sections providing tips for having students create their own dances and a rubric to assess them, review questions, and observation questions; and an accompanying CD that contains the music you need for teaching many of the dances and activities in the book.

Step Lively Series

372.868 R797

Step lively! : dances for schools and families / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Folk dancing – Canada.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

372.868 R797

Step lively 2 : Canadian dance favourites / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Dancing – Study and teaching (Elementary). Dancing – Study and teaching (Middle school). Folk dancing.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

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Step lively 3 : primary dances / Rose, Marian.

Vancouver, BC: Community Dance Project, 2003.

Subjects: Dance – Study and teaching (Primary).

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

793.31971 S837

Steps in time : Métis dances [VHS]

Saskatoon, SK: Gabriel Dumont Institute, 1990.

Subjects: Métis – Dances.

Summary: This video teaches three Métis dances: Duck Dance, Fancy Jig, and Rabbit Dance. These dances are combinations of several steps that are demonstrated clearly.



372.868 A141

Teaching movement education : foundations for active lifestyles / Abels, Karen Weiller. Bridges, Jennifer M.

Champaign, IL: Human Kinetics, 2010.

Subjects: Movement education – Study and teaching.

Summary: This comprehensive book provides a framework to assist educators in developing their students' movement skills in an enjoyable way. This resource offers a movement education tree with roots for the four basic movement concepts (i.e., body, space, effort, relationships) and numerous developmentally appropriate activities.



796.071 H477

Teaching personal and social responsibility through physical activity (3rd ed.) / Hellison, Don R.

Champaign, IL: Human Kinetics, 2011.

Subjects: Physical education and training – Sociological aspects – Study and teaching. Responsibility – Study and teaching.

Summary: This resource will assist teachers in helping their students to develop character qualities that will contribute to their growth towards becoming responsible, caring citizens.



613.7046 T925

Teaching yoga for life : preparing children and teens for healthy, balanced living / Tummers, Nanette.

Champaign, IL: Human Kinetics, 2009.

Subjects: Hatha yoga for children – Study and teaching. Hatha yoga for teenagers – Study and teaching.

Summary: Using a whole-child learning approach, this book offers clear, step-by-step directions and numerous illustrations to assist teachers in presenting activities, lessons, and 52 yoga poses.

PHYSICAL EDUCATION GRADE 2



Indicates item is a Ministry of Education's Core Learning Resource.



372.86 G739

Children moving : a reflective approach to teaching physical education / Graham, George.

Holt/Hale, Shirley Ann. Parker, Melissa.

New York, NY: McGraw-Hill, 2007.

Subjects: Physical education for children – Study and teaching. Physical education for children – Curricula. Movement education.

Summary: This book is a practical guide to teaching physical education to the elementary school child. Its skill theme approach guides teachers in the process of assisting children develop their motor skills and physical fitness through developmentally appropriate activities.



372.86 L475

Children on the move : an active living alphabet / LeDrew, June E. Anderson, Kim A.

Regina, SK: Bethnold Creations, 2001.

Subjects: Children – Health and hygiene – Juvenile literature. English language – Alphabet – Juvenile literature.

Summary: This book offers 26 colourful illustrations that depict examples of active living. Included are interactive “I can spot...” sentences for object identification. The book also features an A to Z list of helpful suggestions for becoming active.

Contrast and Continuum Series



372.868 C467

Music for creative dance, volume I [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1993.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume II [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1994.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume III [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1998.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures,

volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume IV [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 2000.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



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Subjects: Dance for children – Juvenile literature. Alphabet books – Juvenile literature.

Summary: This book offers dance activities from A to Z that are intended to help young students extend movement potential, create dances, and discuss and reflect upon dance. This resource also includes an alphabetical list of dance forms from various cultures, people who work in the field of dance, and movement words that are commonly used by choreographers, dancers, and teachers while creating and teaching dance.

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Toronto, ON: Can-Ed Media, n.d.

Subjects: Folk dancing. Folk dance music.

Summary: 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.



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Get up and go : being active / Tourville, Amanda Doering.

Minneapolis, MN: Picture Window Books, 2009.

Subjects: Exercise for children – Juvenile literature. Physical fitness – Juvenile literature.

Summary: This picture book features two young girls who live an active lifestyle. They participate in activities such as walking to school, jumping rope, climbing on playground equipment, playing kickball, climbing stairs, riding bikes, walking the dog, and more. Some of the activities are done with family members.

813.6 B658

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Subjects: Stories in rhyme. Dance – Juvenile fiction.

Summary: With energetic oil paintings and rhyming text, this book features a young boy who invites his neighbours to a party where they can get moving in their own wokka-wokka way.

Looking After Me Series

372.37 G613

Eating well / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Nutrition – Juvenile fiction.

Summary: James loves going to Ethan's house because they are allowed to eat junk food. Things go badly when James eats so much rubbish that he is ill. His father explains the benefits of healthy eating, and soon James converts Ethan too.

372.37 G613

Exercise / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Exercise – Juvenile fiction. Health – Juvenile fiction.

Summary: Like many children their age, Tom and Emily don't get as much exercise as they should. This changes the day their grandmother comes to visit. Soon, the Tom and Emily learn all about the benefits of exercise and start to feel much healthier.



371.904486 M935

Moving to inclusion : active living through physical education : maximizing opportunities for students with disabilities

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Subjects: Physical education for handicapped persons. Physical education for handicapped children.

Summary: The series includes nine booklets on how adaptations can be made in movement activities to include students with various abilities. Each booklet provides information on the specific disability; adaptation ideas on how students can be involved in various movement activities such as aquatics, track and field, weight training, team games, and other fitness endeavors; and a section on assessment and evaluation.

372.86 H893

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

Champaign, IL: Human Kinetics, 2005.

Subjects: Physical education for children. Games.

Summary: The author has created 30 innovative physical education games for elementary and middle level students. 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 and safety tips, and variations of the game.



372.86 P585

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Champaign, IL: Human Kinetics, 2008.

Subjects: Physical education for children. Movement education. Early childhood education.

Summary: This book focuses on the fundamentals of movement education for four- to eight-year-olds. It provides a logical progression of movement skills, information on the elements of movement (space, time, shape, force, flow, and rhythm), numerous activities that help students to develop motor skills, manipulative skills, fitness, and understanding of the elements of movement, and guidance in understanding the needs of young children and writing suitable lesson plans that complement curriculum.

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Subjects: Movement education. Rhythm – Study and teaching. Dance for children – Study and teaching. Physical education for children – Study and teaching.

Summary: This book is a collection of some of the most popular recreational dance forms, geared for teachers of K-12 students. It features: a chapter on social dance, focusing 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 for your students; a strong focus on social development, including suggestions for setting up a non-threatening environment and including students of all abilities; assessment sections providing tips for having students create their own dances and a rubric to assess them, review questions, and observation questions; and an accompanying CD that contains the music you need for teaching many of the dances and activities in the book.

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Subjects: Folk dancing – Canada.

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Step lively 2 : Canadian dance favourites / Rose, Marian.

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Subjects: Dancing – Study and teaching (Elementary). Dancing – Study and teaching (Middle school). Folk dancing.

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Subjects: Physical education and training – Sociological aspects – Study and teaching. Responsibility – Study and teaching.

Summary: This resource will assist teachers in helping their students to develop character qualities that will contribute to their growth towards becoming responsible, caring citizens.



613.7046 T925

Teaching yoga for life : preparing children and teens for healthy, balanced living / Tummers, Nanette.

Champaign, IL: Human Kinetics, 2009.

Subjects: Hatha yoga for children – Study and teaching. Hatha yoga for teenagers – Study and teaching.

Summary: Using a whole-child learning approach, this book offers clear, step-by-step directions and numerous illustrations to assist teachers in presenting activities, lessons, and 52 yoga poses.

PHYSICAL EDUCATION GRADE 3



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Subjects: Physical education for children – Study and teaching. Physical education for children – Curricula. Movement education.

Summary: This book is a practical guide to teaching physical education to the elementary school child. Its skill theme approach guides teachers in the process of assisting children develop their motor skills and physical fitness through developmentally appropriate activities.



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Regina, SK: Bethnold Creations, 2001.

Subjects: Children – Health and hygiene – Juvenile literature. English language – Alphabet – Juvenile literature.

Summary: This book offers 26 colourful illustrations that depict examples of active living. Included are interactive “I can spot...” sentences for object identification. The book also features an A to Z list of helpful suggestions for becoming active.

Contrast and Continuum Series



372.868 C467

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Seattle, WA: Ravenna Ventures, 1993.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume II [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1994.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume III [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1998.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures,

volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume IV [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 2000.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



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Toronto, ON: Can-Ed Media, n.d.

Subjects: Folk dancing. Folk dance music.

Summary: 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.

613.7042 F544

Fit kids classroom workout [DVD]

Champaign, IL: Human Kinetics, 2005.

Subjects: Exercise for children. Aerobic exercises. Physical fitness for children.

Summary: This video can be used in any school space to invigorate and motivate students. The program includes four 5-minute and two 10-minute workouts, plus a brief healthy message at the end of each exercise segment.



372.86 T733

Get up and go : being active / Tourville, Amanda Doering.

Minneapolis, MN: Picture Window Books, 2009.

Subjects: Exercise for children – Juvenile literature. Physical fitness – Juvenile literature.

Summary: This picture book features two young girls who live an active lifestyle. They participate in activities such as walking to school, jumping rope, climbing on playground equipment, playing kickball, climbing stairs, riding bikes, walking the dog, and more. Some of the activities are done with family members.



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Summary: The series includes nine booklets on how adaptations can be made in movement activities to include students with various abilities. Each booklet provides information on the specific disability; adaptation ideas on how students can be involved in various movement activities such as aquatics, track and field, weight training, team games, and other fitness endeavors; and a section on assessment and evaluation.

372.86 S966

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

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical education and training – Study and teaching (Elementary).

Summary: When a gym is not available, this book provides 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.

372.86 H893

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

Champaign, IL: Human Kinetics, 2005.

Subjects: Physical education for children. Games.

Summary: The author has created 30 innovative physical education games for elementary and middle level students. 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 and safety tips, and variations of the game.

796.07 M517

Professional and student portfolios for physical education (2nd ed.) / Melograno, Vincent.

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical fitness – Testing. Portfolios in education.

Summary: 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.



372.868 B471

Rhythmic activities and dance (2nd ed.) / Bennett, John Price. Riemer, Pamela Coughenour.

Champaign, IL: Human Kinetics, 2006.

Subjects: Movement education. Rhythm – Study and teaching. Dance for children – Study and teaching. Physical education for children – Study and teaching.

Summary: This book is a collection of some of the most popular recreational dance forms, geared for teachers of K-12 students. It features: a chapter on social dance, focusing 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 for your students; a strong focus on social development, including suggestions for setting up a non-threatening environment and including students of all abilities; assessment sections providing tips for having students create their own dances and a rubric to assess them, review questions, and observation questions; and an accompanying CD that contains the music you need for teaching many of the dances and activities in the book.

Step Lively Series

372.868 R797

Step lively! : dances for schools and families / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Folk dancing – Canada.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

372.868 R797

Step lively 2 : Canadian dance favourites / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Dancing – Study and teaching (Elementary). Dancing – Study and teaching (Middle school). Folk dancing.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

372.868 R797

Step lively 3 : primary dances / Rose, Marian.

Vancouver, BC: Community Dance Project, 2003.

Subjects: Dance – Study and teaching (Primary).

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

793.31971 S837

Steps in time : Métis dances [VHS]

Saskatoon, SK: Gabriel Dumont Institute, 1990.

Subjects: Métis – Dances.

Summary: This video teaches three Métis dances: Duck Dance, Fancy Jig, and Rabbit Dance. These dances are combinations of several steps that are demonstrated clearly.



372.868 A141

Teaching movement education : foundations for active lifestyles / Abels, Karen Weiller. Bridges, Jennifer M.

Champaign, IL: Human Kinetics, 2010.

Subjects: Movement education – Study and teaching.

Summary: This comprehensive book provides a framework to assist educators in developing their students' movement skills in an enjoyable way. This resource offers a movement education tree with roots for the four basic movement concepts (i.e., body, space, effort, relationships) and numerous developmentally appropriate activities.



796.071 H477

Teaching personal and social responsibility through physical activity (3rd ed.) / Hellison, Don R.

Champaign, IL: Human Kinetics, 2011.

Subjects: Physical education and training – Sociological aspects – Study and teaching. Responsibility – Study and teaching.

Summary: This resource will assist teachers in helping their students to develop character qualities that will contribute to their growth towards becoming responsible, caring citizens.



613.7046 T925

Teaching yoga for life : preparing children and teens for healthy, balanced living / Tummers, Nanette.

Champaign, IL: Human Kinetics, 2009.

Subjects: Hatha yoga for children – Study and teaching. Hatha yoga for teenagers – Study and teaching.

Summary: Using a whole-child learning approach, this book offers clear, step-by-step directions and numerous illustrations to assist teachers in presenting activities, lessons, and 52 yoga poses.

PHYSICAL EDUCATION GRADE 4



Indicates item is a Ministry of Education's Core Learning Resource.



372.86 G739

Children moving : a reflective approach to teaching physical education / Graham, George.

Holt/Hale, Shirley Ann. Parker, Melissa.

New York, NY: McGraw-Hill, 2007.

Subjects: Physical education for children – Study and teaching. Physical education for children – Curricula. Movement education.

Summary: This book is a practical guide to teaching physical education to the elementary school child. Its skill theme approach guides teachers in the process of assisting children develop their motor skills and physical fitness through developmentally appropriate activities.

Contrast and Continuum Series



372.868 C467

Music for creative dance, volume I [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1993.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume II [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1994.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume III [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1998.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume IV [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 2000.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures,

volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 K57

Dance on the move : an active living alphabet / Kipling-Brown, Ann.

Regina, SK: Dance Saskatchewan, 2003.

Subjects: Dance for children – Juvenile literature. Alphabet books – Juvenile literature.

Summary: This book offers dance activities from A to Z that are intended to help young students extend movement potential, create dances, and discuss and reflect upon dance. This resource also includes an alphabetical list of dance forms from various cultures, people who work in the field of dance, and movement words that are commonly used by choreographers, dancers, and teachers while creating and teaching dance.

372.868 M745

Elementary folk dance : division I and II [CD]

Toronto, ON: Can-Ed Media, n.d.

Subjects: Folk dancing. Folk dance music.

Summary: 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.

612.39 B972

Energy in, energy out : food as fuel / Burstein, John.

St. Catharines, ON: Crabtree, 2008.

Subjects: Body weight – Regulation – Juvenile literature. Energy metabolism – Juvenile literature. Nutrition – Juvenile literature.

Summary: This book 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, and includes suggestions for making healthy choices and setting personal goals.

613.7042 F544

Fit kids classroom workout [DVD]

Champaign, IL: Human Kinetics, 2005.

Subjects: Exercise for children. Aerobic exercises. Physical fitness for children.

Summary: This video can be used in any school space to invigorate and motivate students. The program includes four 5-minute and two 10-minute workouts, plus a brief healthy message at the end of each exercise segment.



613.7 F546

Fitnessgram/activitygram : test administration manual (4th ed.) / Welk, Greg. (Ed.). Meredith,

Marilu D. (Ed.).

Champaign, IL: Human Kinetics, 2007.

Subjects: Physical fitness for children – Testing. Physical education and training – Study and teaching.

Summary: Fitness assessment is a key component of any health-related movement activity program. It establishes a baseline from which students can set goals and check progress. This process is an effective way to encourage students to participate in a healthy lifestyle with fitness as a key component.

796.083 D752

Fun and games : 100 sport-related activities for ages 5-16 / Dowson, Anthony. Morris, Keith E. J. Champaign, IL: Human Kinetics, 2005.

Subjects: Sports for children. Games. Physical fitness for children.

Summary: 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.

372.86 S756

Get active! / Spilsbury, Louise.

St. Catharines, ON: Crabtree, 2011.

Subjects: Exercise – Juvenile literature.

Summary: 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.

372.86 H671

Maximum middle school physical education / Hirt, Mary. Ramos, Irene.

Champaign, IL: Human Kinetics, 2008.

Subjects: Physical education and training – Study and teaching (Middle school).

Summary: 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.

796.083 D752

More fun and games / Dowson, Anthony.

Champaign, IL: Human Kinetics, 2009.

Subjects: Sports for children. Games. Physical fitness for children.

Summary: 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.



371.904486 M935

Moving to inclusion : active living through physical education : maximizing opportunities for students with disabilities

Gloucester, ON: CAHPER, 1994.

Subjects: Physical education for handicapped persons. Physical education for handicapped children.

Summary: The series includes nine booklets on how adaptations can be made in movement activities to include students with various abilities. Each booklet provides information on the specific disability; adaptation ideas on how students can be involved in various movement activities such as aquatics, track and field, weight training, team games, and other fitness endeavors; and a section on assessment and evaluation.



613.70712 C626

A multicultural approach to physical education : proven strategies for middle and high school /

Clements, Rhonda L. Kinzler, Suzanne K.

Champaign, IL: Human Kinetics, 2002.

Subjects: Physical education and training – Study and teaching (Middle school). Physical education and training – Study and teaching (Secondary). Multicultural education.

Summary: This book offers: 70 games and activities from 24 cultures; the authors' new teaching strategy - a step-by-step process that tells you exactly how to teach games and sports from other countries; activities that don't require any special equipment, so you can implement them even if you're on a limited budget; and easy-to-use assessment strategies.

372.86 S966

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

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical education and training – Study and teaching (Elementary).

Summary: When a gym is not available, this book provides 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.

612.044 P191

Pedometer power : using pedometers in school and community (2nd ed.) / Pangrazi, Robert P.

Beighle, Aaron. Sidman, Cara L.

Champaign, IL: Human Kinetics, 2007.

Subjects: Physical education and training.

Summary: This book covers all the basics of starting a pedometer program - including how to use and store the devices, plus special considerations for school settings: minimizing breakage and loss; recording and storing data; promoting physical activity; fundraising; and involving parents, teachers, and administrators.

372.86 H893

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

Champaign, IL: Human Kinetics, 2005.

Subjects: Physical education for children. Games.

Summary: The author has created 30 innovative physical education games for elementary and middle level students. 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 and safety tips, and variations of the game.

613.7042 G472

Physical education assessment toolkit / Giles-Brown, Liz.

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical education and training – Study and teaching. Physical fitness for children.

Summary: Assessment templates form the basis of the *Physical Education Assessment Toolkit*. This comprehensive package contains the following features: PDFs of each reproducible are provided for duplication, including posters that can be printed on letter-sized or larger paper in colour or in black and white; reproducible templates - generic forms may be completed easily to address the specific topic, concept, or skill at hand, allowing you to tailor assessments to your students' needs and abilities; and sample units - designed using the backward design model of curriculum development, three complete units show how to transform blank reproducibles into highly practical assessment tools.

613.7 P578

Physical education for lifelong fitness : the Physical Best teacher's guide / National Association for Sport and Physical Education.

Champaign, IL: Human Kinetics, 2005.

Subjects: Physical education and training – Study and teaching. Physical fitness – Study and teaching.

Summary: 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.

796.07 M517

Professional and student portfolios for physical education (2nd ed.) / Melograno, Vincent.

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical fitness – Testing. Portfolios in education.

Summary: 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.



372.868 B471

Rhythmic activities and dance (2nd ed.) / Bennett, John Price. Riemer, Pamela Coughenour.

Champaign, IL: Human Kinetics, 2006.

Subjects: Movement education. Rhythm – Study and teaching. Dance for children – Study and teaching. Physical education for children – Study and teaching.

Summary: This book is a collection of some of the most popular recreational dance forms, geared for teachers of K-12 students. It features: a chapter on social dance, focusing 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 for your students; a strong focus on social development, including suggestions for setting up a non-threatening environment and including students of all abilities; assessment sections providing tips for having students create their own dances and a rubric to assess them, review questions, and observation questions; and an accompanying CD that contains the music you need for teaching many of the dances and activities in the book.

Step Lively Series

372.868 R797

Step lively! : dances for schools and families / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Folk dancing – Canada.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

372.868 R797

Step lively 2 : Canadian dance favourites / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Dancing – Study and teaching (Elementary). Dancing – Study and teaching (Middle school). Folk dancing.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

372.868 R797

Step lively 3 : primary dances / Rose, Marian.

Vancouver, BC: Community Dance Project, 2003.

Subjects: Dance – Study and teaching (Primary).

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

793.31971 S837

Steps in time : Métis dances [VHS]

Saskatoon, SK: Gabriel Dumont Institute, 1990.

Subjects: Métis – Dances.

Summary: This video teaches three Métis dances: Duck Dance, Fancy Jig, and Rabbit Dance. These dances are combinations of several steps that are demonstrated clearly.



796.071 T253

Teaching Games for Understanding : theory, research and practice / Griffin, Linda L. (Ed.).

Butler, Joy. (Ed.).

Champaign, IL: Human Kinetics, 2005.

Subjects: Sports – Study and teaching. Physical education and training – Study and teaching. Student-centered learning.

Summary: As games are an important aspect of physical education, this book provides educators with current research and a conceptualization model for teaching games for understanding (TGfU). The book presents teaching and learning games at various levels. It also addresses the role of assessment in teaching games for understanding as well as integration of co-operative learning and tactical game models.



372.868 A141

Teaching movement education : foundations for active lifestyles / Abels, Karen Weiller. Bridges, Jennifer M.

Champaign, IL: Human Kinetics, 2010.

Subjects: Movement education – Study and teaching.

Summary: This comprehensive book provides a framework to assist educators in developing their students' movement skills in an enjoyable way. This resource offers a movement education tree with roots for the four basic movement concepts (i.e., body, space, effort, relationships) and numerous developmentally appropriate activities.



796.071 H477

Teaching personal and social responsibility through physical activity (3rd ed.) / Hellison, Don R.

Champaign, IL: Human Kinetics, 2011.

Subjects: Physical education and training – Sociological aspects – Study and teaching. Responsibility – Study and teaching.

Summary: This resource will assist teachers in helping their students to develop character qualities that will contribute to their growth towards becoming responsible, caring citizens.



796.07 M682

Teaching sport concepts and skills : a tactical games approach (2nd ed.) / Mitchell, Stephen A.

Griffin, Linda L. Oslin, Judith L.

Champaign, IL: Human Kinetics, 2006.

Subjects: Sports – Study and teaching. Coaching (Athletics).

Summary: The tactical games approach is a proven method used in teaching students and athletes sport-specific skills through modified game play in which they must execute tactics in game-like settings. This book explains how to apply this approach and provides 245 ready-to-use lessons to help you do it.

Teaching the Basics: Resource Manual Series

796.345 B136

Badminton : teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2009.

Subjects: Badminton (Game) – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in badminton. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.323 W393

Basketball : teaching the basics resource manual / Wedmann, Wilf. Fenton, Jennifer. Kopelow, Bryna.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2006.

Subjects: Basketball – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in basketball. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.964 C975

Curling : teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2008.

Subjects: Curling – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in curling. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.334 W393

Soccer : teaching the basics resource manual / Wedmann, Wilf. Fenton, Jennifer. Kopelow, Bryna.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2007.

Subjects: Soccer – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in soccer. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.3578 S681

Softball: teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2008.

Subjects: Softball – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in softball. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.42 T759

Track and field : teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2008.

Subjects: Track and field for children – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in track & field. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.325 W393

Volleyball : teaching the basics / Wedmann, Wilf. Fenton, Jennifer. Kopelow, Bryna.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2009.

Subjects: Volleyball – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in volleyball. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.



613.7046 T925

Teaching yoga for life : preparing children and teens for healthy, balanced living / Tummers, Nanette.

Champaign, IL: Human Kinetics, 2009.

Subjects: Hatha yoga for children – Study and teaching. Hatha yoga for teenagers – Study and teaching.

Summary: Using a whole-child learning approach, this book offers clear, step-by-step directions and numerous illustrations to assist teachers in presenting activities, lessons, and 52 yoga poses.

PHYSICAL EDUCATION GRADE 5



Indicates item is a Ministry of Education's Core Learning Resource.



372.86 G739

Children moving : a reflective approach to teaching physical education / Graham, George.

Holt/Hale, Shirley Ann. Parker, Melissa.

New York, NY: McGraw-Hill, 2007.

Subjects: Physical education for children – Study and teaching. Physical education for children – Curricula. Movement education.

Summary: This book is a practical guide to teaching physical education to the elementary school child. Its skill theme approach guides teachers in the process of assisting children develop their motor skills and physical fitness through developmentally appropriate activities.

Contrast and Continuum Series



372.868 C467

Music for creative dance, volume I [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1993.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume II [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1994.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume III [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 1998.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures, volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 C467

Music for creative dance, volume IV [CD] / Chappelle, Eric.

Seattle, WA: Ravenna Ventures, 2000.

Subjects: Dance for children. Movement education. Dance music.

Summary: This set of four CDs feature contrasts in tempo, texture, and other musical elements that correspond to the elements of dance. Each CD contains some pieces that contrast tempos, textures,

volume or other elements within one piece, while other pieces create a continuous flow of music. The included booklets outline creative dance ideas for each musical selection.



372.868 K57

Dance on the move : an active living alphabet / Kipling-Brown, Ann.

Regina, SK: Dance Saskatchewan, 2003.

Subjects: Dance for children – Juvenile literature. Alphabet books – Juvenile literature.

Summary: This book offers dance activities from A to Z that are intended to help young students extend movement potential, create dances, and discuss and reflect upon dance. This resource also includes an alphabetical list of dance forms from various cultures, people who work in the field of dance, and movement words that are commonly used by choreographers, dancers, and teachers while creating and teaching dance.

372.868 M745

Elementary folk dance : division I and II [CD]

Toronto, ON: Can-Ed Media, n.d.

Subjects: Folk dancing. Folk dance music.

Summary: 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.

613.7042 F544

Fit kids classroom workout [DVD]

Champaign, IL: Human Kinetics, 2005.

Subjects: Exercise for children. Aerobic exercises. Physical fitness for children.

Summary: This video can be used in any school space to invigorate and motivate students. The program includes four 5-minute and two 10-minute workouts, plus a brief healthy message at the end of each exercise segment.



613.7 F546

Fitnessgram/activitygram : test administration manual (4th ed.) / Welk, Greg. (Ed.). Meredith, Marilu D. (Ed.).

Champaign, IL: Human Kinetics, 2007.

Subjects: Physical fitness for children – Testing. Physical education and training – Study and teaching.

Summary: Fitness assessment is a key component of any health-related movement activity program. It establishes a baseline from which students can set goals and check progress. This process is an effective way to encourage students to participate in a healthy lifestyle with fitness as a key component.

796.083 D752

Fun and games : 100 sport-related activities for ages 5-16 / Dowson, Anthony. Morris, Keith E. J. Champaign, IL: Human Kinetics, 2005.

Subjects: Sports for children. Games. Physical fitness for children.

Summary: 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.

372.86 S756

Get active! / Spilsbury, Louise.

St. Catharines, ON: Crabtree, 2011.

Subjects: Exercise – Juvenile literature.

Summary: 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.

796.42 G618

Gold medal track and field [DVD]

Champaign, IL: Human Kinetics, 2005.

Subjects: Track and field – Coaching. Track and field – Training.

Summary: This video shows educators how to improve their technique instruction and add to their training drills for better performance. Expert track and field coaches cover each event category with teaching points and training tips.

372.86 H671

Maximum middle school physical education / Hirt, Mary. Ramos, Irene.

Champaign, IL: Human Kinetics, 2008.

Subjects: Physical education and training – Study and teaching (Middle school).

Summary: 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.

796.083 D752

More fun and games / Dowson, Anthony.

Champaign, IL: Human Kinetics, 2009.

Subjects: Sports for children. Games. Physical fitness for children.

Summary: 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.



371.904486 M935

Moving to inclusion : active living through physical education : maximizing opportunities for students with disabilities

Gloucester, ON: CAHPER, 1994.

Subjects: Physical education for handicapped persons. Physical education for handicapped children.

Summary: The series includes nine booklets on how adaptations can be made in movement activities to include students with various abilities. Each booklet provides information on the specific disability; adaptation ideas on how students can be involved in various movement activities such as aquatics, track and field, weight training, team games, and other fitness endeavors; and a section on assessment and evaluation.



613.70712 C626

A multicultural approach to physical education : proven strategies for middle and high school /

Clements, Rhonda L. Kinzler, Suzanne K.

Champaign, IL: Human Kinetics, 2002.

Subjects: Physical education and training – Study and teaching (Middle school). Physical education and training – Study and teaching (Secondary). Multicultural education.

Summary: This book offers: 70 games and activities from 24 cultures; the authors' new teaching strategy - a step-by-step process that tells you exactly how to teach games and sports from other countries; activities that don't require any special equipment, so you can implement them even if you're on a limited budget; and easy-to-use assessment strategies.

372.86 S966

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

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical education and training – Study and teaching (Elementary).

Summary: When a gym is not available, this book provides 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.

612.044 P191

Pedometer power : using pedometers in school and community (2nd ed.) / Pangrazi, Robert P.

Beighle, Aaron. Sidman, Cara L.

Champaign, IL: Human Kinetics, 2007.

Subjects: Physical education and training.

Summary: This book covers all the basics of starting a pedometer program - including how to use and store the devices, plus special considerations for school settings: minimizing breakage and loss; recording and storing data; promoting physical activity; fundraising; and involving parents, teachers, and administrators.

372.86 H893

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

Champaign, IL: Human Kinetics, 2005.

Subjects: Physical education for children. Games.

Summary: The author has created 30 innovative physical education games for elementary and middle level students. 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 and safety tips, and variations of the game.

613.7042 G472

Physical education assessment toolkit / Giles-Brown, Liz.

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical education and training – Study and teaching. Physical fitness for children.

Summary: Assessment templates form the basis of the *Physical Education Assessment Toolkit*. This comprehensive package contains the following features: PDFs of each reproducible are provided for duplication, including posters that can be printed on letter-sized or larger paper in colour or in black and white; reproducible templates - generic forms may be completed easily to address the specific topic, concept, or skill at hand, allowing you to tailor assessments to your students' needs and abilities; and sample units - designed using the backward design model of curriculum development, three complete units show how to transform blank reproducibles into highly practical assessment tools.

613.7 P578

Physical education for lifelong fitness : the Physical Best teacher's guide / National Association for Sport and Physical Education.

Champaign, IL: Human Kinetics, 2005.

Subjects: Physical education and training – Study and teaching. Physical fitness – Study and teaching.

Summary: 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.

796.07 M517

Professional and student portfolios for physical education (2nd ed.) / Melograno, Vincent.

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical fitness – Testing. Portfolios in education.

Summary: 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.



372.868 B471

Rhythmic activities and dance (2nd ed.) / Bennett, John Price. Riemer, Pamela Coughenour.

Champaign, IL: Human Kinetics, 2006.

Subjects: Movement education. Rhythm – Study and teaching. Dance for children – Study and teaching. Physical education for children – Study and teaching.

Summary: This book is a collection of some of the most popular recreational dance forms, geared for teachers of K-12 students. It features: a chapter on social dance, focusing 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 for your students; a strong focus on social development, including suggestions for setting up a non-threatening environment and including students of all abilities; assessment sections providing tips for having students create their own dances and a rubric to assess them, review questions, and observation questions; and an accompanying CD that contains the music you need for teaching many of the dances and activities in the book.

Step Lively Series

372.868 R797

Step lively! : dances for schools and families / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Folk dancing – Canada.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

372.868 R797

Step lively 2 : Canadian dance favourites / Rose, Marian.

Vancouver, BC: Community Dance Project, 2000.

Subjects: Dancing – Study and teaching (Elementary). Dancing – Study and teaching (Middle school). Folk dancing.

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

372.868 R797

Step lively 3 : primary dances / Rose, Marian.

Vancouver, BC: Community Dance Project, 2003.

Subjects: Dance – Study and teaching (Primary).

Summary: This dance series reflects the rich Canadian heritage of traditional dance and music. A short history precedes each dance, and suggestions for teaching the dance are written in a concise and straightforward manner. Each book in the series includes a CD.

793.31971 S837

Steps in time : Métis dances [VHS]

Saskatoon, SK: Gabriel Dumont Institute, 1990.

Subjects: Métis – Dances.

Summary: This video teaches three Métis dances: Duck Dance, Fancy Jig, and Rabbit Dance. These dances are combinations of several steps that are demonstrated clearly.



796.071 T253

Teaching Games for Understanding : theory, research and practice / Griffin, Linda L. (Ed.).

Butler, Joy. (Ed.).

Champaign, IL: Human Kinetics, 2005.

Subjects: Sports – Study and teaching. Physical education and training – Study and teaching. Student-centered learning.

Summary: As games are an important aspect of physical education, this book provides educators with current research and a conceptualization model for teaching games for understanding (TGfU). The book presents teaching and learning games at various levels. It also addresses the role of assessment in teaching games for understanding as well as integration of co-operative learning and tactical game models.



372.868 A141

Teaching movement education : foundations for active lifestyles / Abels, Karen Weiller. Bridges, Jennifer M.

Champaign, IL: Human Kinetics, 2010.

Subjects: Movement education – Study and teaching.

Summary: This comprehensive book provides a framework to assist educators in developing their students' movement skills in an enjoyable way. This resource offers a movement education tree with roots for the four basic movement concepts (i.e., body, space, effort, relationships) and numerous developmentally appropriate activities.



796.071 H477

Teaching personal and social responsibility through physical activity (3rd ed.) / Hellison, Don R.

Champaign, IL: Human Kinetics, 2011.

Subjects: Physical education and training – Sociological aspects – Study and teaching. Responsibility – Study and teaching.

Summary: This resource will assist teachers in helping their students to develop character qualities that will contribute to their growth towards becoming responsible, caring citizens.



796.07 M682

Teaching sport concepts and skills : a tactical games approach (2nd ed.) / Mitchell, Stephen A.

Griffin, Linda L. Oslin, Judith L.

Champaign, IL: Human Kinetics, 2006.

Subjects: Sports – Study and teaching. Coaching (Athletics).

Summary: The tactical games approach is a proven method used in teaching students and athletes sport-specific skills through modified game play in which they must execute tactics in game-like settings. This book explains how to apply this approach and provides 245 ready-to-use lessons to help you do it.

Teaching the Basics: Resource Manual Series

796.345 B136

Badminton : teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2009.

Subjects: Badminton (Game) – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in badminton. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.323 W393

Basketball : teaching the basics resource manual / Wedmann, Wilf. Fenton, Jennifer. Kopelow, Bryna.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2006.

Subjects: Basketball – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in basketball. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.964 C975

Curling : teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2008.

Subjects: Curling – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in curling. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.334 W393

Soccer : teaching the basics resource manual / Wedmann, Wilf. Fenton, Jennifer. Kopelow, Bryna.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2007.

Subjects: Soccer – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in soccer. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.3578 S681

Softball: teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2008.

Subjects: Softball – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in softball. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.42 T759

Track and field : teaching the basics resource manual / Wedmann, Wilf.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2008.

Subjects: Track and field for children – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in track & field. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.

796.325 W393

Volleyball : teaching the basics / Wedmann, Wilf. Fenton, Jennifer. Kopelow, Bryna.

Vancouver, BC: B.C. Ministry of Tourism, Sport & the Arts, 2009.

Subjects: Volleyball – Study and teaching.

Summary: This book contains detailed lesson plans for teaching the skills required in volleyball. The lessons are well-organized, contain clear diagrams, and are easy to follow. There are suggestions for learning outcomes and curriculum connections, emphasizing participation and positive attitudes.



613.7046 T925

Teaching yoga for life : preparing children and teens for healthy, balanced living / Tummers, Nanette.

Champaign, IL: Human Kinetics, 2009.

Subjects: Hatha yoga for children – Study and teaching. Hatha yoga for teenagers – Study and teaching.

Summary: Using a whole-child learning approach, this book offers clear, step-by-step directions and numerous illustrations to assist teachers in presenting activities, lessons, and 52 yoga poses.



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