

Physical Education 6-9: 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 e-mail 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 6

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.

613.7 G394

Get strong 101 : 101 strength and conditioning skills, drills and games for everybody! [DVD]

Vancouver, BC: Engage Communications, 2006.

Subjects: Physical fitness. Physical education and training.

Summary: This DVD provides a program to enhance physical performance. Through self-assessment, a training regimen can be devised for the student. Exercises are presented for various sport movements. Information is presented in a clear manner, and the demonstrations of the physical training exercises are excellent.

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.

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

613 T279

Healthy active living : keep fit, stay healthy, have fun / Temertzoglou, Ted.

Toronto, ON: Thompson Educational, 2007.

Subjects: Health – Textbooks.

Summary: This book describes basic skills and tactics for various types of movement activities and sports: invasion/territory games, net/wall games, striking/fielding games, target games, and outdoor activities. It includes body management activities such as track and field, dance, yoga, aerobics, and gymnastics. Setting and achieving fitness goals are important elements of the publication.

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.

793.31971 M592 OVERSIZE

Métis dances kit : kindergarten to grade nine [sound recording]

Regina, SK: Saskatchewan Education, 1991.

Subjects: Métis – Dances. Métis – Music. Folk dancing – Study and teaching.

Summary: The kit contains two audiocassette tapes that provide music by Saskatchewan musicians, and a teacher handbook that has instructions and illustrations on Métis dances. The history of Métis dancing and the type of clothing worn are also included.

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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.

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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.

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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.

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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.

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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.

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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.

372.86 M682

Sport foundations for elementary physical education : a tactical games approach / Mitchell,

Stephen A. Oslin, Judith L. Griffin, Linda L.

Champaign, IL: Human Kinetics, 2003.

Subjects: Physical education for children – Curricula. Sports – Study and teaching (Elementary).

Summary: This publication demonstrates how tactical games concepts, decision making, and movement and skills activities can be taught successfully to young students. The tactical games approach is presented for invasion/territorial games, net/wall games, striking/fielding games, and target games. The tactical knowledge learned by students in a specific game can be transferred to other games.

Steps to Success Activity Series

796.345 G846

Badminton : steps to success (2nd ed.) / Grice, Tony.

Champaign, IL: Human Kinetics, 2008.

Subjects: Badminton (Game).

Summary: Through detailed, fully-illustrated instruction, you will develop precision, power, and finesse as you use this step-by-step guide to master serves, forehands, backhands, clears, drop shots, smashes, drives, and more.

796.323 W816

Basketball : steps to success (2nd ed.) / Wissel, Hal.

Champaign, IL: Human Kinetics, 2008.

Subjects: Basketball.

Summary: The author provides in-depth, progressive instruction in techniques and tactics, including detailed tutoring on shooting and 111 drills featuring a scoring system to gauge your progress. As you build your skill base, you'll learn how to make all the right moves in game situations, whether it's executing the correct footwork when defending screens or making the right pass for a winning basket.

796.355 A544

Field hockey : steps to success (2nd ed.) / Anders, Elizabeth. Myers, Sue.

Champaign, IL: Human Kinetics, 2008.

Subjects: Field hockey.

Summary: The author details the step-by-step program that will teach you how to develop these skills: score more goals by developing better shooting techniques, improve ball control and dribbling, establish solid passing and receiving skills, develop better footwork and balance for improved stick handling, employ attacking and defensive tactics, and become a better goalkeeper through correct positioning and increased awareness in the net.

796.334 L977

Soccer : steps to success (3rd ed.) / Luxbacher, Joe.

Champaign, IL: Human Kinetics, 2005.

Subjects: Soccer.

Summary: This guide contains progressive instruction for optimal learning of individual techniques and team tactics. Improve your skills in dribbling, passing, receiving, shooting, defending, tackling, heading, and goalkeeping with the help of clear, detailed descriptions and accompanying illustrations of all fundamental techniques and variations.

796.3578 P866

Softball : steps to success (3rd ed.) / Potter, Diane L. Johnson, Lynn V.

Champaign, IL: Human Kinetics, 2007.

Subjects: Softball. Slow pitch softball.

Summary: The authors offer a comprehensive, progressive approach that combines in-depth instruction, illustrations, and 127 drills. You'll find detailed instruction on every individual skill necessary for success in the game: catching, throwing, fielding, pitching, hitting, and baserunning.

796.343 Y29

Squash : steps to success (2nd ed.) / Yarrow, Philip. Harrison, Aidan

Champaign, IL: Human Kinetics, 2010.

Subjects: Squash (Game).

Summary: With 13 progressive instructional steps, you'll learn all aspects of the game. Detailed descriptions, illustrations, and photo sequences demonstrate essential on-the-court movement, volleys, serves, returns, and drop shots.

796.325 K36

Volleyball : steps to success / Kenny, Bonnie. Gregory, Cindy.

Champaign, IL: Human Kinetics, 2006.

Subjects: Volleyball – Study and teaching.

Summary: The authors establish a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. The drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way.

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.

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.

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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.

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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.

PHYSICAL EDUCATION GRADE 7

613.7042 F544

Fit kids classroom workout [DVD]

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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.

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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.

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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.

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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.

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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.

617.1027 F595

Sport first aid (4th ed.) / Flegel, Melinda J.

Champaign, IL: Human Kinetics, 2008.

Subjects: Sports injuries – Treatment. First aid in illness and injury.

Summary: This publication about first aid includes preparing a first aid plan, contents of a first aid kit, explanations of anatomy, the causes of injuries and illnesses, and determining and recognizing acute and chronic injuries. Details are presented for treating different types of injuries with excellent drawings, photographs, and flow chart diagrams outlining first aid procedures.

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Subjects: Badminton (Game).

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Champaign, IL: Human Kinetics, 2008.

Subjects: Field hockey.

Summary: The author details the step-by-step program that will teach you how to develop these skills: score more goals by developing better shooting techniques, improve ball control and dribbling, establish solid passing and receiving skills, develop better footwork and balance for improved stick handling, employ attacking and defensive tactics, and become a better goalkeeper through correct positioning and increased awareness in the net.

796.334 L977

Soccer : steps to success (3rd ed.) / Luxbacher, Joe.
Champaign, IL: Human Kinetics, 2005.

Subjects: Soccer.

Summary: This guide contains progressive instruction for optimal learning of individual techniques and team tactics. Improve your skills in dribbling, passing, receiving, shooting, defending, tackling, heading, and goalkeeping with the help of clear, detailed descriptions and accompanying illustrations of all fundamental techniques and variations.

796.3578 P866

Softball : steps to success (3rd ed.) / Potter, Diane L. Johnson, Lynn V.
Champaign, IL: Human Kinetics, 2007.

Subjects: Softball. Slow pitch softball.

Summary: The authors offer a comprehensive, progressive approach that combines in-depth instruction, illustrations, and 127 drills. You'll find detailed instruction on every individual skill necessary for success in the game: catching, throwing, fielding, pitching, hitting, and baserunning.

796.343 Y29

Squash : steps to success (2nd ed.) / Yarrow, Philip. Harrison, Aidan
Champaign, IL: Human Kinetics, 2010.

Subjects: Squash (Game).

Summary: With 13 progressive instructional steps, you'll learn all aspects of the game. Detailed descriptions, illustrations, and photo sequences demonstrate essential on-the-court movement, volleys, serves, returns, and drop shots.

796.325 K36

Volleyball : steps to success / Kenny, Bonnie. Gregory, Cindy.
Champaign, IL: Human Kinetics, 2006.

Subjects: Volleyball – Study and teaching.

Summary: The authors establish a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. The

drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way.

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.

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.

PHYSICAL EDUCATION GRADE 8

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 C791

Fitness for life (updated 5th ed.) / Corbin, Charles B. Lindsey, Ruth.

Champaign, IL: Human Kinetics, 2007.

Subjects: Physical fitness.

Summary: This book addresses movement activities including cardiovascular fitness, flexibility, muscle endurance, and strength. It describes the components and importance of skill-related fitness: power, agility, speed, reaction time, balance, and co-ordination. *Fitness for Life* explains biomechanical principles and stresses the value of planning a personal fitness program including setting goals, overcoming barriers, and continuing with a plan.

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.

613.7 G394

Get strong 101 : 101 strength and conditioning skills, drills and games for everybody! [DVD]

Vancouver, BC: Engage Communications, 2006.

Subjects: Physical fitness. Physical education and training.

Summary: This DVD provides a program to enhance physical performance. Through self-assessment, a training regimen can be devised for the student. Exercises are presented for various sport movements. Information is presented in a clear manner, and the demonstrations of the physical training exercises are excellent.

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.

613 T279

Healthy active living : keep fit, stay healthy, have fun / Temertzoglou, Ted.

Toronto, ON: Thompson Educational, 2007.

Subjects: Health – Textbooks.

Summary: This book describes basic skills and tactics for various types of movement activities and sports: invasion/territory games, net/wall games, striking/fielding games, target games, and outdoor activities. It includes body management activities such as track and field, dance, yoga, aerobics, and gymnastics. Setting and achieving fitness goals are important elements of the publication.

793.31971 M592 OVERSIZE

Métis dances kit : kindergarten to grade nine [sound recording]

Regina, SK: Saskatchewan Education, 1991.

Subjects: Métis – Dances. Métis – Music. Folk dancing – Study and teaching.

Summary: The kit contains two audiocassette tapes that provide music by Saskatchewan musicians, and a teacher handbook that has instructions and illustrations on Métis dances. The history of Métis dancing and the type of clothing worn are also included.

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.

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.

613.7 P578

Physical Best activity guide : middle and high school levels (2nd ed.) / National Association for Sport and Physical Education.

Champaign, IL: Human Kinetics, 2005.

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

Summary: This activity guide provides a comprehensive collection of health-related physical fitness activities that cover aerobic fitness, muscular strength and endurance, flexibility, and body composition. It offers teacher-tested activities to help rejuvenate existing programs or develop new programs that encourage lifelong participation in health-related physical activity.

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.

617.1027 F595

Sport first aid (4th ed.) / Flegel, Melinda J.
Champaign, IL: Human Kinetics, 2008.

Subjects: Sports injuries – Treatment. First aid in illness and injury.

Summary: This publication about first aid includes preparing a first aid plan, contents of a first aid kit, explanations of anatomy, the causes of injuries and illnesses, and determining and recognizing acute and chronic injuries. Details are presented for treating different types of injuries with excellent drawings, photographs, and flow chart diagrams outlining first aid procedures.

Steps to Success Activity Series

796.345 G846

Badminton : steps to success (2nd ed.) / Grice, Tony.
Champaign, IL: Human Kinetics, 2008.

Subjects: Badminton (Game).

Summary: Through detailed, fully-illustrated instruction, you will develop precision, power, and finesse as you use this step-by-step guide to master serves, forehands, backhands, clears, drop shots, smashes, drives, and more.

796.323 W816

Basketball : steps to success (2nd ed.) / Wissel, Hal.
Champaign, IL: Human Kinetics, 2008.

Subjects: Basketball.

Summary: The author provides in-depth, progressive instruction in techniques and tactics, including detailed tutoring on shooting and 111 drills featuring a scoring system to gauge your progress. As you build your skill base, you'll learn how to make all the right moves in game situations, whether it's executing the correct footwork when defending screens or making the right pass for a winning basket.

796.355 A544

Field hockey : steps to success (2nd ed.) / Anders, Elizabeth. Myers, Sue.
Champaign, IL: Human Kinetics, 2008.

Subjects: Field hockey.

Summary: The author details the step-by-step program that will teach you how to develop these skills: score more goals by developing better shooting techniques, improve ball control and dribbling, establish solid passing and receiving skills, develop better footwork and balance for improved stick handling, employ attacking and defensive tactics, and become a better goalkeeper through correct positioning and increased awareness in the net.

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Subjects: Soccer.

Summary: This guide contains progressive instruction for optimal learning of individual techniques and team tactics. Improve your skills in dribbling, passing, receiving, shooting, defending, tackling, heading, and goalkeeping with the help of clear, detailed descriptions and accompanying illustrations of all fundamental techniques and variations.

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Champaign, IL: Human Kinetics, 2007.

Subjects: Softball. Slow pitch softball.

Summary: The authors offer a comprehensive, progressive approach that combines in-depth instruction, illustrations, and 127 drills. You'll find detailed instruction on every individual skill necessary for success in the game: catching, throwing, fielding, pitching, hitting, and baserunning.

796.343 Y29

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Subjects: Squash (Game).

Summary: With 13 progressive instructional steps, you'll learn all aspects of the game. Detailed descriptions, illustrations, and photo sequences demonstrate essential on-the-court movement, volleys, serves, returns, and drop shots.

796.325 K36

Volleyball : steps to success / Kenny, Bonnie. Gregory, Cindy.

Champaign, IL: Human Kinetics, 2006.

Subjects: Volleyball – Study and teaching.

Summary: The authors establish a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. The drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way.

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.

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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.

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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

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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.

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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.

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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.

PHYSICAL EDUCATION GRADE 9

613.7 C791

Fitness for life (updated 5th ed.) / Corbin, Charles B. Lindsey, Ruth.
Champaign, IL: Human Kinetics, 2007.

Subjects: Physical fitness.

Summary: This book addresses movement activities including cardiovascular fitness, flexibility, muscle endurance, and strength. It describes the components and importance of skill-related fitness: power, agility, speed, reaction time, balance, and co-ordination. *Fitness for Life* explains biomechanical principles and stresses the value of planning a personal fitness program including setting goals, overcoming barriers, and continuing with a plan.

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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.

613.7 G394

Get strong 101 : 101 strength and conditioning skills, drills and games for everybody! [DVD]
Vancouver, BC: Engage Communications, 2006.

Subjects: Physical fitness. Physical education and training.

Summary: This DVD provides a program to enhance physical performance. Through self-assessment, a training regimen can be devised for the student. Exercises are presented for various sport movements. Information is presented in a clear manner, and the demonstrations of the physical training exercises are excellent.

613.7 R156

Glencoe foundations of personal fitness / Rainey, Don. Murray, Tinker Dan.
New York, NY: Glencoe/McGraw-Hill, 2005.

Subjects: Physical fitness – Health aspects. Exercise – Physiological aspects. Health.

Summary: This publication explains the benefits of physical fitness and offers guidelines for establishing a personal fitness program. It devotes several chapters to body composition and maintaining a healthy body weight. It also includes the basics of cardiovascular endurance, resistance training, muscular fitness, and flexibility.

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.

613 T279

Healthy active living : keep fit, stay healthy, have fun / Temertzoglou, Ted.

Toronto, ON: Thompson Educational, 2007.

Subjects: Health – Textbooks.

Summary: This book describes basic skills and tactics for various types of movement activities and sports: invasion/territory games, net/wall games, striking/fielding games, target games, and outdoor activities. It includes body management activities such as track and field, dance, yoga, aerobics, and gymnastics. Setting and achieving fitness goals are important elements of the publication.

793.31971 M592 OVERSIZE

Métis dances kit : kindergarten to grade nine [sound recording]

Regina, SK: Saskatchewan Education, 1991.

Subjects: Métis – Dances. Métis – Music. Folk dancing – Study and teaching.

Summary: The kit contains two audiocassette tapes that provide music by Saskatchewan musicians, and a teacher handbook that has instructions and illustrations on Métis dances. The history of Métis dancing and the type of clothing worn are also included.

796.083 D752

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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.

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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.

612.044 P191

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Beighle, Aaron. Sidman, Cara L.

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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.

613.7 P578

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

Summary: This activity guide provides a comprehensive collection of health-related physical fitness activities that cover aerobic fitness, muscular strength and endurance, flexibility, and body composition. It offers teacher-tested activities to help rejuvenate existing programs or develop new programs that encourage lifelong participation in health-related physical activity.

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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

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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.

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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.

617.1027 F595

Sport first aid (4th ed.) / Flegel, Melinda J.

Champaign, IL: Human Kinetics, 2008.

Subjects: Sports injuries – Treatment. First aid in illness and injury.

Summary: This publication about first aid includes preparing a first aid plan, contents of a first aid kit, explanations of anatomy, the causes of injuries and illnesses, and determining and recognizing acute and chronic injuries. Details are presented for treating different types of injuries with excellent drawings, photographs, and flow chart diagrams outlining first aid procedures.

617.1027 S764

Sports injuries information for teens : health tips about acute, traumatic, and chronic injuries in adolescent athletes (2nd ed.) / Bellenir, Karen (Ed.).

Detroit, MI: Omnigraphics, 2008.

Subjects: Sports injuries. Teenagers – Wounds and injuries – Prevention. Wounds and injuries.

Summary: Part one of this resource has information for students on handling competition and other sports-related stresses, nutrition including drinks and energy bars, and substance-related concerns. Part two details the diagnosing and treating of sports injuries. The next section has chapters on preventing injuries and provides safety tips for contact sports, non-contact team sports, movement activities, skating and skateboarding, winter and water sports, and for recreational activities such as hiking and biking.

Steps to Success Activity Series

796.345 G846

Badminton : steps to success (2nd ed.) / Grice, Tony.

Champaign, IL: Human Kinetics, 2008.

Subjects: Badminton (Game).

Summary: Through detailed, fully-illustrated instruction, you will develop precision, power, and finesse as you use this step-by-step guide to master serves, forehands, backhands, clears, drop shots, smashes, drives, and more.

796.323 W816

Basketball : steps to success (2nd ed.) / Wissel, Hal.

Champaign, IL: Human Kinetics, 2008.

Subjects: Basketball.

Summary: The author provides in-depth, progressive instruction in techniques and tactics, including detailed tutoring on shooting and 111 drills featuring a scoring system to gauge your progress. As you build your skill base, you'll learn how to make all the right moves in game situations, whether it's executing the correct footwork when defending screens or making the right pass for a winning basket.

796.355 A544

Field hockey : steps to success (2nd ed.) / Anders, Elizabeth. Myers, Sue.

Champaign, IL: Human Kinetics, 2008.

Subjects: Field hockey.

Summary: The author details the step-by-step program that will teach you how to develop these skills: score more goals by developing better shooting techniques, improve ball control and dribbling, establish solid passing and receiving skills, develop better footwork and balance for improved stick handling, employ attacking and defensive tactics, and become a better goalkeeper through correct positioning and increased awareness in the net.

796.334 L977

Soccer : steps to success (3rd ed.) / Luxbacher, Joe.

Champaign, IL: Human Kinetics, 2005.

Subjects: Soccer.

Summary: This guide contains progressive instruction for optimal learning of individual techniques and team tactics. Improve your skills in dribbling, passing, receiving, shooting, defending, tackling, heading, and goalkeeping with the help of clear, detailed descriptions and accompanying illustrations of all fundamental techniques and variations.

796.3578 P866

Softball : steps to success (3rd ed.) / Potter, Diane L. Johnson, Lynn V.

Champaign, IL: Human Kinetics, 2007.

Subjects: Softball. Slow pitch softball.

Summary: The authors offer a comprehensive, progressive approach that combines in-depth instruction, illustrations, and 127 drills. You'll find detailed instruction on every individual skill necessary for success in the game: catching, throwing, fielding, pitching, hitting, and baserunning.

796.343 Y29

Squash : steps to success (2nd ed.) / Yarrow, Philip. Harrison, Aidan
Champaign, IL: Human Kinetics, 2010.

Subjects: Squash (Game).

Summary: With 13 progressive instructional steps, you'll learn all aspects of the game. Detailed descriptions, illustrations, and photo sequences demonstrate essential on-the-court movement, volleys, serves, returns, and drop shots.

796.325 K36

Volleyball : steps to success / Kenny, Bonnie. Gregory, Cindy.
Champaign, IL: Human Kinetics, 2006.

Subjects: Volleyball – Study and teaching.

Summary: The authors establish a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. The drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way.

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.

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.



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