



Appendix 30

Resources to Support the Implementation of DPA

While there are many quality resources available, the following is a list of key authorized and unauthorized resources that promote high levels of participation in physical activity throughout the school community and support the acquisition of the knowledge, skills and attitudes of the physical education program. For a complete list of authorized resources for physical education, visit the Alberta Education Authorized Resources Database at <http://www.education.gov.ab.ca/lrdb>.

Note: The abbreviation LRC stands for Learning Resources Centre. In the Vendor column, the LRC product number has been included. To order resources from the LRC, contact the LRC office at 12360 – 142 Street NW, Edmonton, Alberta, T5L 4X9; Telephone 780–427–2767 (dial 310–0000 to be connected toll-free inside Alberta). Resources can also be ordered online through the LRC Web site at <http://www.lrc.education.gov.ab.ca>.

Note: CAHPERD stands for the Canadian Association for Health, Physical Education, Recreation and Dance. To order resources from CAHPERD, contact the National Office at Suite 403, 2197 Riverside Drive, Ottawa, Ontario, K1H 7X3; Telephone 1–800–663–8708.

Alberta Education Authorized Resources

Grade Level			Title	Author	Price	Vendor
K–3	4–6	7–9				
Professional Development Resources						
✓	✓	✓	Cooperative Learning in Physical Education This resource assists teachers in setting up a quality physical education program that is based on cooperative learning rather than competition. The resource shows how basic skills can be taught and applied through games, dance, gymnastics and fitness. The activities are suited to students in Kindergarten to Grade 6. Teachers of grades 7 to 9 could easily adapt the activities to their grade levels.	S. Grineski	Out of print	LRC #396201
✓	✓	✓	Moving to Inclusion: Active Living Through Physical Education: Maximizing Opportunities for Students with a Disability This resource provides many different strategies and ideas to help teachers develop programs for students with a variety of special needs, including those who are physically awkward, visually or hearing impaired, wheelchair bound or mentally disabled.	CAHPERD	N/A	LRC #277427

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓	✓	<p>Safety Guidelines for Physical Activity in Alberta Schools</p> <p>This resource identifies safe instructional practices for the delivery of physical activities in schools. The resource assists teachers in their planning, as it includes safety information on equipment/ facilities, transportation, accident procedures and instructional considerations. It also includes specific information for over 70 physical activities. The guidelines were developed to assist school authorities in the formulation of their own site-specific safety guidelines, and teachers are reminded to be aware of their own district guidelines. Order from the LRC, or download for free from http://www.med.ualberta.ca/acicr.</p>	Alberta Centre for Injury Control & Research (ACICR)	\$18.55	LRC #517063 (English) LRC #543919 (French)
✓	✓	✓	<p>Teaching Children Physical Education: Becoming a Master Teacher</p> <p>This resource focuses on the skills and techniques used by successful teachers. It is written from the perspective of a teacher and describes and analyzes skills, such as motivating, establishing a positive learning environment and minimizing class management problems. An experienced teacher may find new ideas and strategies outlined in the resource. Practical examples and questions for reflection on numerous additional topics, from planning to assessment, are included.</p>	G. Graham	\$47.75	LRC #456328
✓	✓	✓	<p>Schools Come Alive Workshops</p> <p><i>Schools Come Alive</i>, a Special Project of the Health and Physical Education Council of the ATA, provides ongoing workshops to support implementation activities of the DPA Initiative. These include: Daily Physical Activity for the Elementary Generalist Teacher, DPA School Handbook Comes Alive!, Promising Practices for Implementing Daily Physical Activity, The Amazing Race for School Communities, Assessment Antics, Curriculum Support for Health or Physical Education, Fitness Frenzy and Motivating the Masses.</p> <p>http://www.schoolscomealive.org</p>			
General Physical Education Resources						
✓	✓		<p>ABCD's of Movement</p> <p>These resources link directly with the 2000 program of studies for physical education. Appropriate for generalists and specialists alike, each of the resources features physical education lesson plans for a particular grade, designed for a 3 x 30-minute week. Each plan includes varied settings, numerous teaching strategies and student activities, safety considerations, warm-up activities, recommended equipment, tips for active inclusion of students with special needs, and much more.</p>	Edmonton Public Schools	\$58.00 each	LRC #471029 (K) LRC #471037 (Grade 1) LRC #471045 (Grade 2) LRC #471053 (Grade 3) LRC #471061 (Grade 4) LRC #471079 (Grade 5) LRC #471087 (Grade 6)

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
	✓	✓	Action Schools! BC: Classroom Action Resource: Grades 4 to 7 This resource is designed to assist schools in integrating physical activity and healthy eating messages into the school community. Action Schools BC is a framework for action to promote healthy living. Inclusive and diverse physical activity opportunities are featured. Graphics and templates have been included to facilitate instruction and implementation.	ActNow BC	\$6.80	LRC #630625
	✓	✓	Action Schools! BC: Planning Guide for Schools and Teachers: Grades 4 to 7 This resource is designed to assist schools in integrating physical activity and healthy eating messages into the school community. Action Schools BC is a framework for action to promote healthy living. Inclusive and diverse physical activity opportunities are featured. Graphics and templates have been included to facilitate instruction and implementation.	ActNow BC	\$11.80	LRC #630633
✓	✓	✓	Building Strong Bones and Muscles This resource focuses on developmentally appropriate physical activities for young children. The activities have been chosen specifically to strengthen bones and muscles. The resource contains exercises, games and circuit, station, dance, gymnastic and supplemental (e.g., bands, parachute) activities. Lesson plans, reproducible activity cards and assessment tools are included in the manual.	G. Fishburne, et al.	\$19.65	LRC #629701
✓	✓	✓	Daily Vigorous Physical Activity: Teacher Resource Guide The purpose of this guide is to outline the benefits of daily vigorous physical activity and to provide examples of how physical activity can be implemented on a daily basis. The guide's activity outline includes suggested facilities, materials and equipment, a description of the activity, teaching/learning strategies and teaching tips.	B. Hogarth and B. Crothers	\$29.00	LRC #585416
✓	✓		Exercise in Disguise: A Resource for Daily Vigorous Physical Activity This manual provides a variety of games and activities designed for use in classrooms, hallways and playgrounds. It includes a description of the activity, an activity sequence, variations, a list of equipment needed, suggested location, preparation time required and teaching tips (considerations). This resource is directed at teachers who are working toward daily vigorous activity.	CAHPERD	\$11.80	LRC #571225

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
	✓	✓	<p>Games to Keep Kids Moving: PE Activities to Promote Total Participation, Self-esteem and Fun for Grades 3–8</p> <p>This resource promotes a highly active participatory physical education class, with emphasis on cooperative behaviour and the development of self-esteem. There are low organizational games requiring little equipment, as well as more highly organized games requiring a lot of equipment. Some games are intended to develop individual basic locomotor skills, and some are intended to develop skills and movement specific to a team sport. The author provides useful tips to ensure safety.</p>	D. Dieden	\$60.40	LRC #395097
✓	✓		<p>Fit Kids Classroom Workout (video or dvd)</p> <p>This video includes four 5-minute workouts and two 10-minute workouts that could be carried out in a gymnasium or in a classroom. Each workout is demonstrated by a teacher and six students and followed by a brief health message. An outline of the workouts accompanies the video.</p>	Human Kinetics Canada	Vendor Direct	LRC #456758
✓	✓		<p>Fitness for Children</p> <p>A book of 45 activities and strategies that provide a variety of practical ideas to keep students moving, thinking and acquiring the skills for active living, both inside the gymnasium and in the community.</p>	C. Hinson	\$19.85	LRC #396186
		✓	<p>Fitness Walking</p> <p>This series of resources emphasizes the individual development of physical and mental fitness through aquatics, cross-training and walking, with each book containing cross-references to the others. Each resource contains information on warm-up/cool-down, preparation for the activity, an explanation of the workout zones (intensity, duration) and training tips.</p>	T. Iknoian	\$20.35	LRC #397605
✓	✓		<p>Mix, Match and Motivate: 107 Activities for Skills and Fitness</p> <p>This resource contains 107 activities that emphasize individual student success, creativity and motivation toward lifelong participation. Activities for individuals, partners, small groups and large groups are included. The activities focus on fitness or skill development rather than competition, and the resource provides an activity overview for each lesson, as well as suggested grade levels, a list of equipment needed, student and teacher activities, and teaching tips.</p>	J. Carpenter	\$19.85	LRC #553108
	✓	✓	<p>More Team Building Challenges</p> <p>This resource gives the teacher strategies and techniques for building cooperative behaviour, teamwork and problem-solving skills in physical education. The book provides easy-to-use introductory-, intermediate- and advanced-level team building challenges to meet the needs of all participants. Blackline masters are included in the appendices.</p>	D. W. Midura, et al.	\$18.75	LRC #395790

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓		<p>No Standing Around in My Gym: Lesson Plans, Games and Teaching Tips for Elementary Physical Education</p> <p>This resource consists of two parts: physical education units, games and activities that involve everyone from partners to groups of 50 or 60 (each lesson outlines objectives/outcomes, illustrations and diagrams to aid the class organization and equipment placement, teaching tips, rules and safety tips, and activity variations) and supplemental ideas for motivation, management and communication to parents.</p>	J. D. Hughes	\$22.95	LRC #552663
✓	✓	✓	<p>Ready-to-Use PE Activities for Grades K-2, 3-4, 5-6, 7-9</p> <p>This resource provides practical, ready-to-use activities in eight sections: Introductory Activities, Fitness Activities, Movement Awareness, Rhythms and Dance, Gymnastics, Games Skills, Special Games and Closing Activities. In addition, the resource includes information on how to prepare lesson plans (daily, weekly and yearly) using these activities.</p>	J. M. Landy and M. J. Landy	\$44.40 each	LRC #257180 (K-2) LRC #257198 (3-4) LRC #257205 (5-6) LRC #257213 (7-9)
✓	✓		<p>Station Games: Fun and Imaginative PE Lessons</p> <p>This resource contains helpful tips and strategies for implementing a wide variety of station-based lessons. Forty station lessons are presented with step-by-step instructions and outcomes. The chapters include teaching tips and information on basic skills, sport fundamentals and fitness implementation. The resource also contains a very descriptive index featuring information on planning, set-up time, equipment needed and skills involved.</p>	M. Burk	\$17.75	LRC #482224
Alternative Arts Resources						
✓	✓		<p>YogaKids: Educating the Whole Child Through Yoga</p> <p>This colourful, descriptive and illustrated resource is a tool that treats yoga as a springboard to creativity and exploration. The author has modified the language, the poses and techniques to offer child-friendly and fun activities. The resource includes more than 50 selected poses and varied suggested activities to stimulate children's skills. In addition, routines for specific situations are outlined, including a few for students with special needs.</p>	M. Wenig	\$20.35	LRC #633356

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
Ball Games Resources						
✓	✓		<p>A Bucket Full of Ball Games</p> <p>This resource includes over 70 games, with an emphasis on ball games using hand skills. The games build students' skills in chasing and fleeing, throwing/passing, catching/receiving and batting. The games are easy to teach and well-supported with teaching strategies for skill development of students with varying abilities. Other instructional strategies discussed include varying equipment, location, teams and ways to start a game. In this new edition, the format is now 8.5" x 11" (was 8.5" x 5.5"), all text is printed in a smaller, easier-to-read font, and the diagrams are smaller.</p>	J. Brewer	\$23.15	LRC #396293
		✓	<p>50 Games with 50 Tennis Balls</p> <p>This small resource is packed with 50 fun activities for secondary students. Some of the games are more appropriate for the gymnasium or field, but others may be played in other locations; e.g., the classroom. The categories of games are: warm-up activities, ball games, ball-throwing games, sport variations, relay games, wall games, tag games and others. Each game is outlined with a list of equipment, a main objective/outcome, a description of the game, possible variations and safety tips where applicable.</p>	J. Byl, et al.	\$21.05	LRC #560517
✓	✓	✓	<p>Great Gator Games: "With a Kid and a Ball You Can Do It All"</p> <p>This resource outlines 40 games that use Gator Skin Balls, indexed by type and skill. The book includes icebreakers, team, tag, mass and dodge ball games that could be used in intramural programs, physical education classes and on the playground. Each game includes a description, list of equipment, diagram and variations.</p>	CIRA	\$20.90	LRC #395162
✓	✓	✓	<p>A Mitt Full of Baseball and Softball Type Games</p> <p>This booklet consists of activities and games that incorporate the skills of catching, running, fielding, base playing, batting, pitching and catching. The focus of this resource is on having all players playing at all times, learning to play all positions and exemplifying good sportsmanship. Equipment suggestions, clearly outlined progressive learning activities and teaching tips are included.</p>	J. Brewer	\$23.15	LRC #558314

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
	✓	✓	<p>Softball: Teaching the Basics: Resource Manual</p> <p>This series provides the basics for teaching sport-specific skills in many dimensions. Each book in the series features a history of the sport, warm-up/fitness activities, equipment and safety consideration, lesson plans with illustrations and strategies, considerations for inclusion, and related games. Many of the resources in the series are available in updated versions. These new editions contain limited changes, such as updated contact information on related organizations.</p>	W. Wedmann	\$11.80	LRC #476764
✓	✓		<p>Synchronized Ball Skills</p> <p><i>Synchronized Ball Skills</i> combines ball-handling skills with rhythmic movements set to music. The teacher's guide outlines activities progressing from basic ball-handling skills for young students to more difficult synchronized movement and dance patterns for older students. The CD provides popular songs for teaching the activities, with each song included as both music-only and music-with-instruction. This resource can be used as part of a rhythmic gymnastics program or a basic ball-handling skills activity.</p>	H. H. Hughes	\$25.80	LRC #395849
Dance Resources						
✓	✓	✓	<p>Everybody Move!</p> <p>Multimedia Kits – 202 pages (includes: Dance and Activity Demonstrations DVD, and Daily Vigorous Physical Activity Audio CD) – 2005</p>	CIRA, Ontario	\$52.65	LRC #630659
✓	✓	✓	<p>Step Lively! Dances for Schools and Families (CD-ROM included)</p> <p>This Canadian resource package includes a glossary of terms, an instruction booklet with steps, formations and variations, and a music CD-ROM. The dances—folk mixers and couple—include some old favourites and some new variations.</p>	M. Rose	\$27.80	LRC #456550
✓	✓	✓	<p>Step Lively 2: Canadian Dance Favourites (CD-ROM included)</p> <p>This Canadian resource package includes a glossary of terms, an instruction booklet with steps, formations and variations, and a music CD-ROM. The dances—folk mixers and couple—include some old favourites and some new variations.</p>	M. Rose	\$27.80	LRC #456542

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓			<p>Step Lively 3: Primary Dances with CD Recording</p> <p>This resource contains 28 singing games and dances. Some of the dances are old favourites, others are adaptations of traditional dances and a few are new creations. The 53-page instruction booklet contains the steps, formations, sheet music, glossary of terms and tips for teachers. The CD-ROM includes music for the dances but not the singing games. Partner, circle and folk games and dances are included.</p>	M. Rose	\$27.80	LRC #552051
		✓	<p>Christy Lane's Complete Line Dancing Music (CD)</p> <p>This resource package includes an instruction manual for over 40 different line dances, from those suitable for beginners (e.g., Cowboy Hustle) to those appropriate for advanced line dancers (e.g., Hip Hop). It also includes information on style, technique, couple pattern dances, mixers and tiebreakers. Both an audiocassette and a CD of music for 13 currently popular line dances (e.g., "Boot Scootin' Boogie") are included. This package is a valuable resource for teachers planning to include line dances in their dance unit.</p>	C. Lane	\$31.55	LRC #398520
✓			<p>Aerobic Dances for Kids</p> <p>This CD-ROM and teacher guide provides dances for young children. The dances begin with warm-up style movements that gradually increase pulse rates. Dances can be linked with suggested movement activities or used on their own. A cool down dance is also provided. The CD-ROM includes music with voice cues and music only options for each of the 12 dances.</p>	H. B. Glass and R. Hallum	\$25.80	LRC #395857
Games Resources						
✓	✓		<p>Adapted Games and Activities: From Tag to Team Building</p> <p>This resource contains 80+ games and activities to challenge students with cognitive disabilities to think and use their physical abilities. The contents include teacher-directed, tag, team-building, higher-organization, lead-up sport and leisure games and activities. A handy game finder is also provided. Each game/activity includes skills, equipment, activity description, variations, adaptations and teaching notes.</p>	P. Rouse	\$20.00	LRC #629579

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓		<p>The Biggest Little Games Book Ever! Volume II: Games Using Small Equipment</p> <p>This 232-page resource offers ideas for physical education instruction through games using small equipment. The resource is divided into eight sections: beanbags, hoops, balls using hands, balls using feet, sticks and pucks, scoops, paddle bats and racquets, and jump ropes. Each activity includes a description, illustrations and variations. Step-by-step commands for each task take players from the very basic to a fairly sophisticated level of skill. The resource provides new ideas for teachers to add to their repertoires, with an emphasis on instruction of beginners.</p>	J. Brewer	\$30.90	LRC #339409
	✓	✓	<p>First Ultimate Book of Games</p> <p>This resource provides a collection of 63 varied games that could be used for general or skill-specific warm-up activities or in a low-organization games unit. The following types of games are included: fleeing/tagging, dodge ball/evading, team/cooperative and basketball.</p>	K. Brawn, et al.	\$24.90	LRC #436057
	✓	✓	<p>Games to Keep Kids Moving!</p> <p>This resource outlines 150 games that promote an active, participatory physical education class, with emphasis on cooperative behaviour and the development of self-esteem. There are low-organizational games requiring little equipment as well as more complicated games using a lot of equipment. Some of the games develop individual basic locomotor skills, while others develop skills and movement specific to a team sport. Each game includes an explanation, a list of equipment, a list of skills, organizational considerations, teaching tips and variations. The author also provides useful tips to ensure safety.</p>	B. Dieden	\$60.40	LRC #395097
✓	✓		<p>More Positive Playgrounds</p> <p>This series consists of three easy-to-use comprehensive games resources for playground, gymnasium and/or classroom activities. These traditional, cooperative and new games encourage positive social skills and physical fitness. The program manual is divided into a program planning section and a games resource section. The games only book features the indoor and outdoor games section of the program manual. The "More Positive Playgrounds" book presents new indoor or outdoor games and another version of the old favourites featured in the other two resources.</p>	P. Marko, et al.	\$40.50	LRC #585630

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓	✓	<p>No Gym? No Problem: Physical Activities for Tight Spaces</p> <p>This resource contains approximately 100 games and activities that could be used by the classroom teacher who teaches physical education and/or the physical education teacher who is confined to small spaces. The contents include warm-ups and games, fitness, movement and gymnastics, rhythms, throwing and catching, dribbling and kicking, striking and volleying, special events and basic games, and cool downs. Skill themes, safety, teaching tips and assessment are included in the detailed lesson plans.</p>	C. Sutherland	\$23.50	LRC #629561
✓	✓		<p>PE2 the Max: Maximize Skills, Participation, Teamwork and Fun</p> <p>This resource includes 30 inclusive, developmentally appropriate games. The book focuses on fun, movement and skill-based games that promote communication, cooperation and personal responsibility. A game finder is included for quick reference. The games are quick and easy to get going, ready to use and skill-building. The games are related to lifelong fitness and are based on the philosophy that playing the game is more important to students than practising the skills.</p>	J. D. Hughes	\$17.50	LRC #629553
✓	✓	✓	<p>Walking Games and Activities (40 New Ways to Make Fitness Fun)</p> <p>This resource combines the concepts of fitness and walking as a vehicle for games. The book includes 40 games, along with tips for inclusion, sample units and topics for discussion; e.g., proper form, nutrition. The sample units contain teaching tips, safety considerations, equipment lists, organization tips, worksheets and variations.</p>	J. Decker and M. Mize	\$25.00	LRC #470477
	✓	✓	<p>Why Paper and Scissors Rock!!!</p> <p>This resource uses a traditional game to incorporate teamwork, cooperation, decision making, problem solving and movement skills. The manual includes a rock, paper, scissors responsibility code, official rules, history and variations. A section on each of the warm-ups, games, sport variations, group games and individual games is included. This resource could be used to promote physical activity in small spaces.</p>	J. Byl, et al.	\$20.90	LRC #564163

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓		Win-Win Tag Games This resource is a collection of over 25 fun, fast-paced tag games that develop basic skills, such as throwing, catching, dodging and running. The games may be used as they are or modified and combined to create new games. The book's win-win philosophy emphasizes inclusion, maximum participation and effective on-the-spot decision making.	D. Budwill	\$17.60	LRC #407892
✓	✓	✓	You're "It"! Tag, Tag and More Tag: Games for All Ages This resource outlines 90+ tag games that are organized in a convenient manner: traditional tag games, partner or group tag games, tag games using balls, tag games with equipment, tag games using lines, crossing tag games, and tag games with a twist. Each game is outlined with level, space, description and equipment (most have no, or minimal, equipment requirements).	P. Doyle	\$17.40	LRC #564460
Gymnastic Resources						
	✓	✓	Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach The purpose of this resource is to provide sufficient information to allow a teacher without specific training to put together a developmentally appropriate program. The teacher is presented as a facilitator, and the students, using guided discovery and problem solving, work at their own ability levels to attempt learning challenges. The resource provides background information, information regarding equipment, tips for developing unit and lesson plans and for selecting music and learning activities, and assessment strategies.	H. Palmer	\$22.95	LRC #537178
✓	✓		Up, Down, All Around Gymnastics Lesson Plans: Series A, B, C This resource includes a teacher's guide and three packages of lesson plans. Each package contains 20 lesson plans, including activation activities, directed learning, exploratory learning and review. The lessons are easy to follow and are teacher-friendly. They use minimal equipment.	K. Russell; G. Schembri and T. Kinsman	\$29.00 each	LRC #395881 (Series A) LRC #395899 (Series B) LRC #395906 (Series C)
Ice Skating Resources						
	✓	✓	Ice Skating: Teaching the Basics: Resource Manual This series provides the basics to teach sport-specific skills in many dimensions. Each book in the series features a history of the sport, warm-up/fitness activities, equipment and safety consideration, lesson plans with illustrations and strategies, considerations for inclusion and related games. Many of the resources in the series are available in updated versions. These new editions contain limited changes, such as updated contact information on related organizations.	W. Wedmann, et al.	\$11.80	LRC #476722

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
	✓	✓	<p>Get the Edge: Power Skating</p> <p>This resource provides an introduction to the concept of power skating and covers essential skills such as balance, agility, flexibility, timing, control and endurance. It also contains diagrams and drills for all levels using a hockey stick, ringette stick or no stick. Warm-ups, backward skating, edges, turns, stops and more are addressed in this manual.</p>	A. Bakewell	Out of Print	LRC #396152
	✓	✓	<p>Steps to Success Activity Series: Ice Skating</p> <p>This series is a comprehensive look at the skills required to play a wide range of sports. Each book in the series focuses on a specific sport and includes background information, rules, equipment, descriptions and illustrations of the skills involved, suggested drills, teaching progressions, and self-assessment activities. In addition, suggestions for correcting problems and errors regarding the skills and for increasing or decreasing the difficulty of drills are included.</p>	K. M. Haywood and C. F. Lewis	\$18.75	LRC #406307
Juggling Resources						
✓	✓	✓	<p>Juggling: From Start to Star</p> <p>Juggling is a physically challenging activity that involves rhythm, agility, coordination and poise. This instruction manual contains information and diagrams to teach 157 juggling skills in 13 different categories; e.g., "back spin" in the "ring juggling" category. The resource presents juggling as a unique portable activity that requires very little equipment and no special playing space. Emphasizing that juggling can be mastered regardless of gender, age or athletic ability, the resource fosters equity and inclusion.</p>	D. Finnigan, et al.	\$20.85	LRC #473059
	✓		<p>Otedama: Traditional Japanese Juggling Toys and Games</p> <p>This is a colourful book that explains Otedama (juggling balls) in Japan, regional variations in Otedama as well as Otedama around the world. Instructions on how to juggle the Otedama are included.</p>	D Onishi	\$27.35	LRC #556946
Jump Rope Resources						
✓	✓	✓	<p>Fit-Skip-Ness: The Skipping Challenge</p> <p>This resource provides instructions and illustrations to teach basic and advanced skills in both single rope and double Dutch skipping. It also includes certificates of achievement that can be reproduced and awarded.</p>	S. Kalbfleisch	\$16.20	LRC #395120

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓	✓	<p>Jump 2b Fit: Rope Skipping Fitness and Activity Program</p> <p>This resource kit contains several components to enhance skipping as a fitness activity: a teacher's guide, activities booklet, video, audio CD and posters. The 170-page illustrated teacher's guide contains background information, unit and lesson plans, references to the video and audio CD, information regarding equipment, learning outcomes and safety guidelines. The activities booklet contains activities for individual, partner and group skill development. The 45-minute video includes demonstration routines and instructional activities. The CD contains 50 minutes of instrumental music to assist skippers with rhythm and is correlated to the teacher's guide. The four colourful posters illustrate skills for single rope, long rope, double Dutch and partner skipping.</p>	S. Kalbfleisch	\$46.30	LRC #545080
Skiing Resources						
	✓	✓	<p>Be Aware: Ski and Ride with Care</p> <p>This resource package provides a Grade 6 module that focuses on safe skiing and snowboarding. The package consists of a Snow Smart teacher's resource, a video and a supplementary teacher resource called "Safety in Numbers." The teacher's guide features five classroom lessons (approximately one hour each) promoting safety during alpine skiing and/or snowboarding. The lessons involve individual and group work and provide background information from a variety of sources. The supplementary resource, presented by the Canadian Ski Patrol System, provides information in planning ski outings.</p>	Canadian Ski Patrol System	N/A	Vendor Direct
Stretching Resources						
✓	✓		<p>Safe Stretches: Tip to Toe</p> <p>This current Canadian booklet and poster set illustrates twelve basic stretches from head to foot. The resource features illustrations and explanations for each stretch, with an emphasis on safety. The booklet would be a useful tool for the generalist teacher of physical education, and the poster would be a convenient student support resource.</p>	D. Peters	\$8.75	LRC #515976
		✓	<p>Stretching and Flexibility (CD-ROM)</p> <p>This resource can be used as a teaching tool for individuals, small groups or the entire class. The informative interactive CD-ROM contains a database of 149 different stretches. With a well thought-out design, the CD-ROM allows teachers or students to create their own stretching programs based on a sport-specific focus, a muscle-specific focus or for general flexibility. Set-up instructions and sample lesson plans are included in the print manual.</p>	R. Sorrentino	\$99.95	LRC #362723

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
Swimming Resources						
	✓	✓	Steps to Success Activity: Swimming, Grades 4–12 (2nd edition) This series is a comprehensive look at the skills required to play a wide range of sports. Each book in the series focuses on a specific sport and includes background information, rules, equipment, descriptions and illustrations of the skills involved, suggested drills, teaching progressions and self-assessment activities. In addition, suggestions for correcting problems and errors regarding the skills, and for increasing or decreasing the difficulty of drills, are included.	D. Thomas	\$26.85	LRC #406331
Whole School Activity Resources						
✓	✓	✓	Mass Appeal: Activities for Groups of 50 or More This user-friendly guide provides a wide variety of activities specifically intended for large, diverse groups. The activities target Kindergarten to Grade 7 students and can be used inside or outside a gym or classroom. Teachers may need to adapt some of the activities for students with disabilities.	P. Doyle	\$20.90	LRC #395154
✓	✓		Millennium Playday: Past Present Future This 45-page book outlines over 40 ideas or topics for planning a playday. These topics relate to the past, present or future. Each topic is presented with an objective, a description of the activity, a diagram, a list of necessary equipment, a suggested location and additional suggestions.	M. Antoniuk, et al.	\$15.45	LRC #529703
✓	✓		Playday! The Manual This resource provides information and strategies for teachers wishing to plan an activity-based special event to complement any relevant theme. The resource considers all areas of planning and organizing for the day, providing more than 40 station ideas, management tips, required equipment and concise directions for the smooth operation of each station. The examples provided are based on an ecology theme, but any relevant theme could be used. The 40 station descriptions are generically designed and can be personalized once the playday theme and format have been chosen.	M. Antoniuk, et al.	\$19.25	LRC #396277

Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓	✓	<p>Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource</p> <p>This resource, developed in Alberta as a legacy of the 8th IAAF World Championships in Athletics, includes developmental lessons focusing on the basic skills of running, jumping and throwing. Track and field activity-specific drills for sprints, hurdles, long jump, high jump and shot-put are included. Order from the LRC, or download for free from: http://www.education.gov.ab.ca/physicaleducationonline/Edmonton2001</p>	Learning Resources Centre (LRC)	\$7.25	LRC #440553
	✓	✓	<p>Teaching Orienteering (2nd Ed)</p> <p>This resource provides an extensive introduction to orienteering preparation, implementation and adaptations. The resource explains how to teach orienteering in the classroom, school grounds, parks and woodlands. Age-appropriate suggestions and activities are provided for these different settings. Information on training techniques, theory sessions, compass use, fitness and map making is also included. A chapter is dedicated to orienteering for people with disabilities.</p>	C. McNeill, et al.	\$27.10	LRC #395815
		✓	<p>Treasury of MOGA Madness: For Youth-by-Youth Active Living Challenge for the Most Outrageous Group Activity</p> <p><i>The Treasury of Moga Madness</i> is a compilation of wild and crazy events that have been organized by junior and senior high schools across the country. These imaginative events are varied and can easily be adapted for a variety of settings, number of participants and needs within the school and community. Sections include charity activities, environmental activities, mini games, relays, obstacle courses, stations, theme activities and activities for large groups.</p>	CAHPERD	\$20.90	LRC #397423
✓	✓		<p>A Western Playday</p> <p>This resource includes 40 stations, complete with clear descriptions, diagrams and useful suggestions to make adaptations for equipment and nature of events. The western theme has a natural attraction for everyone; however, some cautions are to be noted before implementing some of the activities.</p>	M. Antoniuk	\$15.45	LRC #396269
	✓	✓	<p>The Young Track and Field Athlete</p> <p>This series is a complete library of skill development for numerous activities. Diagrams complement each skill. The books are easy to read and appeal to the instructors. Each book is activity specific, but skill development, application, knowledge, health and fitness benefits, cooperative behaviour and reference to lifetime opportunities is outlined in each volume. As the format is similar in each book, they provide a quick and easy reference that relates closely to the outcomes.</p>		Out-of-print	

Resources to Support the Implementation of DPA (continued)

Non-authorized Resources

The following resources have **not** been authorized by Alberta Education. They have been included in this listing, however, as they contain information that educators may find relevant in implementing daily physical activity.

Note: CAHPERD stands for the Canadian Association for Health, Physical Education, Recreation and Dance. To order resources from CAHPERD, contact the National Office at Suite 403, 2197 Riverside Drive, Ottawa, Ontario, K1H 7X3; Telephone 1–800–663–8708.

Grade Level			Title	Author	Price	Vendor
K–3	4–6	7–9				
General Physical Education Resources						
✓	✓	✓	Activ8 A program that complements school curriculum and features developmentally appropriate physical activity challenges that are achievement-based not performance-based. The program includes curriculum modules, a fund-raising and event guide, and participant recognition incentives. http://www.activehealthykids.ca	Active Healthy Kids Canada	N/A	LRC #560997 LRC #561002 LRC #561010 LRC #560989
✓	✓	✓	Fitness Fun: 85 Games and Activities for Children The 85 games and activities listed in this book will help teachers maximize fitness opportunities for their students and find activities that the children will enjoy. This is a great resource for classroom teachers, program directors and recreation specialists, as well as physical education specialists who teach students in Kindergarten to Grade 8. http://www.cahperd.ca	E. Foster, K. Hartinger and K. Smith	\$24.95	CAHPERD
✓	✓		Heart Healthy Kids Physical Activity Handbook This downloadable resource was created to help elementary teachers incorporate physical activity into their daily classroom schedule, engaging students in a variety of activities each day in order to raise heart rates and improve health. http://www.heartandstroke.ca	Heart and Stroke Foundation	Free	Heart and Stroke Foundation at 1-888-HSF-INFO or 1-888-473-4636
✓	✓	✓	Weight of the World: Facing Obesity through Physical Activity User's Guide This downloadable guide provides teachers and parents with great tools and activities to promote physical activity at school and at home. It was developed in partnership with the Canadian Broadcasting Corporation and the National Film Board in both English and French. http://www.cbc.ca/weightoftheworld/	CAHPERD	Free	CAHPERD





Resources to Support the Implementation of DPA (continued)

Grade Level K-3 4-6 7-9			Title	Author	Price	Vendor
Alternative Arts Resources						
	✓	✓	Yoga Games for Children	D. Biersma and M. Visscher	N/A	ISBN 0-89793-390-7
✓	✓		Yoga for Kids	L. Lark	N/A	ISBN 1-55297-750-1
Ball Games Resources						
	✓	✓	Kids on the Ball: Using Swiss Balls in a Complete Fitness Program <small>This book contains more than 150 exercises with pictures and is divided into six categories: warm-up, flexibility, balance, lower limbs, upper body and abs.</small>	A. Spalding, L. Kelly, J. Santopietro and J. Posner-Mayer	N/A	ISBN 0-88011-714-1
Dance Resources						
	✓	✓	Dances Even I Would Do <small>If you want to incorporate dance as part of your school's physical activity programs but don't know where to start, this resource may help. <i>Dances Even I Would Do!</i> contains more than 50 dances divided into folk dances, mixers, novelty dances, singing games, and dances for a variety of special occasions. http://www.cahperd.ca</small>	P. Doyle	N/A	CAHPERD
Games Resources						
✓	✓		The Ultimate Playground and Recess Game Book <small>This easy-to-use guide for teachers, physical educators, playground supervisors, recreation leaders and parents contains over 170 fun-packed games and activities for the playground. It includes traditional favourites, along with exciting new activities that focus on cooperation, fitness and lifetime sports. A chapter on indoor classroom games is included for inclement weather days. http://www.cahperd.ca</small>	G. Bailey	\$30.95	CAHPERD
✓	✓		The Ultimate Sport Lead-Up Game Book <small>This resource includes a collection of skill-building games that are ideal for elementary school gym classes. The activities are presented in a quick-access format and have clear instructions coupled with illustrations. The book features both students and athletic instructors and includes tips on game selection and safety considerations. This is an ideal curriculum supplement resource. http://www.cahperd.ca</small>	G. Bailey	\$34.95	CAHPERD






Resources to Support the Implementation of DPA (continued)

Grade Level			Title	Author	Price	Vendor
K-3	4-6	7-9				
✓	✓		Recess Revival: An Implementation Guide to an Active Recess This is a downloadable implementation guide for the promotion of physical activity and cooperative play for elementary-aged students. http://www.mohawkcollege.ca	CIRA Ontario	Free	CIRA Ontario
✓	✓		Snow Fun! Favourite Canadian Winter Activities In Canada, our winter wonderland of snow, ice and cold weather provides opportunities for a variety of activities. This resource is a collection of fun, winter physical activities that were gathered from teachers and students from across Canada. http://www.cahperd.ca	CAHPERD	N/A	CAHPERD
Stretching Resources						
	✓	✓	Stretching Cards/Posters http://www.education.gov.ab.ca/physicaleducationonline/teacherresources/toolbox/files/gtstretch.pdf	Alberta Education	N/A	N/A






Resources to Support the Implementation of DPA (continued)

Key Community Organization Resources	
	<p>http://www.education.gov.ab.ca/physicaleducationonline Alberta Education provides support to teachers, administrators, students and parents, develops the curriculum for K–12 learners; selects and develops instructional resources for learners and teachers; and develops policies, standards, guidelines and support materials related to education in Alberta. The Physical Education Online Web site provides activity ideas linked to the current physical education program of studies.</p> <p>http://www.education.gov.ab.ca/k_12/curriculum/bySubject Alberta Government plays an important role in assisting Alberta communities in achieving a high quality of life. The Kindergarten to Grade 12 physical education program's aim is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.</p>
	<p>http://www.health.gov.ab.ca The objective of Alberta Health and Wellness is to provide leadership and work collaboratively with partners to assure the delivery of quality affordable health services and wellness programs to help Albertans be healthy. Support for school health initiatives, as well as health and physical activity curricula, are articulated in the Alberta Government's Framework for a Healthy Alberta, which sets ten-year targets and objectives for disease prevention and health promotion. The AHW public information campaign entitled "Healthy U" also provides Albertans with information on the various choices that they can make to include healthy eating and active living in their daily lives. The Healthy U Web site contains specific information for students, teachers and parents. http://www.healthyalberta.com/</p>
	<p>http://www.cd.gov.ab.ca Alberta Community Development plays an important role in assisting communities, whether they are places or groups of citizens sharing a common goal, in achieving a high quality of life for Albertans. The mission of the ministry is "to support community development, and through leadership, protection and partnership, help all Albertans participate fully in the social, cultural and economic life of the province." The ministry consists of five main program divisions as well as agencies and foundations. The ministry also provides support services to the program divisions and the agencies and foundations.</p>
	<p>http://www.achsc.org The Alberta Coalition for Healthy School Communities (ACHSC) is a registered nonprofit society representing a network of people and organizations committed to promoting healthy school communities. The Web site contains resources and links to promote and foster healthy school communities through a comprehensive approach that enhances the health of Alberta children and youth.</p>



Resources to Support the Implementation of DPA (continued)

	<p>http://www.arpdc.ab.ca The Alberta Regional Professional Development Consortia (ARPDC) promote student achievement and school improvement through professional development. Established by Alberta Education, the consortia provide professional development, in-service and training to the K–12 education community, which includes school trustees, superintendents, administrators, teachers, support staff, nonteaching staff and parents.</p>
	<p>http://www.child.gov.ab.ca/index.cfm Alberta Children and Youth Initiative (ACYI) is a collaborative partnership of government ministries working together on issues affecting children and youth. The ACYI supports the healthy development of Alberta’s children and youth. Alberta Education is one of the three ministry champions. The current key areas of focus are fetal alcohol spectrum disorder, protection of children involved in prostitution, children’s mental health, student health initiative and early childhood development.</p>
	<p>http://www.hpec.ab.ca The Health and Physical Education Council (HPEC) of the Alberta Teachers’ Association advocates for quality health and physical education programs, and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy, active school communities. The HPEC executive, which includes 11 district representatives across the province, can assist teachers in the areas of health and physical education. HPEC sponsors two special projects: Ever Active Schools and Schools Come Alive.</p>
 	<p>http://www.everactive.org The Ever Active Schools (EAS) Program, in partnership with Alberta school communities, contributes to the development of children and youth by fostering social and physical environments that support healthy, active lifestyles. This membership-based program is a project of the Health and Physical Education Council of the Alberta Teachers’ Association. EAS recognizes and rewards schools that focus on physical activity and well-being in their school communities. EAS also provides resources to critically reflect and measure current practices, policies and environments.</p> <p>http://www.schoolscomealive.org Schools Come Alive (SCA) is dedicated to providing leadership for teachers and administrators through workshops, resource development and collaborative partnerships to increase physical activity opportunities and promote healthy choices in Alberta school communities. A special project of the Health and Physical Education Council of the Alberta Teachers’ Association, SCA’s ongoing activities include developing and delivering professional development opportunities, producing the ACTIVE newsletter, consulting with school districts and supporting community events that promote healthy, active lifestyle choices.</p>

Resources to Support the Implementation of DPA (continued)

	<p>http://www.befitforlife.ca The Be Fit for Life Network (BFFL) disseminates healthy lifestyles information and resources to encourage Albertans to be physically active. Nine regional centres focus on providing services, programs and resources to promote the health benefits of active living and physical activity. Schools, communities and workplaces are welcome to access these services.</p>
	<p>http://www.centre4activeliving.ca The Alberta Centre for Active Living works with practitioners, organizations and communities to improve the health and quality of life of Albertans through physical activity. The Alberta Centre for Active Living works with practitioners, organizations and communities to improve the health and quality of life of Albertans through physical activity. The centre provides research and education on physical activity through a comprehensive Web site, WellSpring, Research Update, the Alberta Survey on Physical Activity, and consulting and collaborative projects. http://www.centre4activeliving.ca/publications/wellspring.html</p>
	<p>http://www.cahperd.ca The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) is a national, charitable, voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education.</p>
	<p>http://www.goforgreen.ca Go for Green has created resources to support schools in tracking the number of kilometres they have walked. The Walking Tour of Canada includes a tracking system to track the number of kilometres staff and students have walked, information about various parts of Canada that link to learning in social studies, as well as an Interactive Zone.</p>
	<p>http://www.shapeab.com Safe Healthy Active People Everywhere (SHAPE) is an Alberta-based network aimed at promoting active children and eliminating safety obstacles in and around schools. Visit the Web site to learn more about the Walking School Bus program and to download Tools 4 Teachers.</p>

Resources to Support the Implementation of DPA (continued)

 <p>The logo for ARPA (Alberta Recreation Parks Association) features a stylized green tree with three human figures inside its branches. To the right, the text 'ARPA' is written in a bold, sans-serif font, with 'Recreation for Life' in a smaller font below it.</p>	<p>http://www.arpaonline.ca “A province, and communities within, that embrace and proactively use recreation and parks as essential means for enhancing individual well-being and community vitality, economic sustainability and natural resource protection and conservation.” ARPA unites province-wide advocates of recreation and parks into a proactive and effective force for building healthy citizens, their communities and their environments in Alberta.</p>
 <p>The logo for CAAWS (Canadian Association for the Advancement of Women and Sport and Physical Activity) features a stylized purple figure of a person with arms raised in a celebratory pose. The text 'CAAWS' and 'ACAAS' is written in a curved path around the figure.</p>	<p>http://www.caaws.ca CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity, is a national nonprofit organization working to encourage girls and women to <i>participate and lead</i> in physical activity and sport. On the Move is a national initiative designed to increase opportunities for nonactive girls and young women (ages 9–18) to participate in fun-filled, supportive, female-only, recreational sport and physical activity.</p>