

PHYSICAL DEVELOPMENT RESOURCES

(Focus on Physical Activity and Nutrition)

Books and Other Resources

Gregson, Bob. *The Outrageous Outdoor Games Book: 133 Group Projects, Games, and Activities*. Torrence, CA: Fearon Teacher Aids, 2001.

Jones, Alanna. *Team-Building Activities for Every Group*. Richmond, WA: Rec Room Publishing, 1999. Provides 107 interactive games and activities that promote teamwork and cooperation.

Kamiya, Art. *Elementary Teacher's Handbook of Indoor and Outdoor Games*. West Nyack, NY: Parker Publishing Company, 1985.

Koralek, Derry G.; Newman, Roberta L.; Colker, Laura J. *Caring for Children in School-Age Programs (Module 3, Program Environment and Module 4, Physical)*. 2nd Edition. Washington, DC: Teaching Strategies, 2000.

Newman, Roberta. *School-Age Activity Pack: Get Fit*. Charlotte, NC: High Reach Learning, 2006. (Available from www.Newroads-Consulting.com). Provides over 100 activities linking to seven areas of youth development, including teacher guide with strategies and tips for implementing the activities. Many activities provide experiences related to physical activity and nutrition.

Musson, Steve. *The New Youth Challenge: A Model for Working With Older Children in School-Age Child Care (Paperback)*. 1988. (NOTE: Though dated, this is still available on Amazon and is a very useful resource for incorporating physical challenge activities in after-school programs serving older youth.)

National Institute on Out-of-School Time, Wellesley Centers for Women. *Links to Learning: A Curriculum Planning Guide for After-School Programs*. New Albany, OH: School-Age NOTES, 2005. See section on Fitness and Nutrition.

Ragsdale, Susan and Saylor, Ann. *Great Group Games: 175 Boredom-Busting Zero-Prep Team Builders for All Ages*. Minneapolis, MN: Search Institute Press, 2007. Provides a wide range of activities linking physical activity to building relationships, becoming a team, deepening trust, challenging the team, and more.

Turner, L.F. and Turner, Susan L. *Ready-to-Use Pre-Sport Skills Activities Program*. West Nyack, NY: Parker Publishing Co., 2001.

Web Sites

www.nfl.com/play60

This is a Web Site of the National Football League (NFL). The NFL PLAY 60 campaign is designed to tackle childhood obesity by getting kids active through in-school, afterschool and team-based programs, online child-targeted outreach and contests on NFLRUSH.com, and many partnerships with like-minded organizations.

<http://www.cooperinstitute.org/ourkidshealth/fitnessgram/index.cfm>

This site introduces FITNESSGRAM, released nationally in 1982 by The Cooper Institute and now in its 9th edition, was created to increase parental awareness of children's fitness levels by developing a practical way for physical education teachers to report the results of physical fitness and physical activity assessments. The Cooper Institute is a 501(c)(3) dedicated to preventive medicine research and education.

www.esportsonline.com

This site provides a wide variety of sports resources, including a group of *Skillastics* games. The *Fitness Skillastics* game is a non-competitive game for large classes, after-school programs, field day activities or use as a warm up or cool down. Other *Skillastics* games include: *Soccer Skillastics*, *Skillastics Nutritional Cards*, *Tennis Skillastics*, *Volleyball Skillastics*, and *Basketball Skillastics*. Enter *Skillastics* in the Search box to locate the games.

www.fitness.gov

This is the health, physical activity, fitness and sports information Web site of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations. Also, get information about the physical activity guidelines for Americans, released by the Department of Health and Human Services in October 2008.

<http://www.fns.usda.gov/tn/kids-pyramid.html>

MyPyramid for Kids educational material brings the messages of *MyPyramid* to elementary school children. Teachers can easily teach *MyPyramid for Kids* by using the classroom materials, including lesson plans, an interactive game, and a *MyPyramid for Kids* Poster. The fun, colorful *MyPyramid for Kids* graphic will attract children's attention and encourage them to learn more about *MyPyramid for Kids*. The nutrition and physical activity messages included throughout the materials are designed to help children 6 to 11 years old make healthy eating and physical activity choices.

<http://www.niost.org/pdf/healthy%20choices%20afterschool.pdf>

Presentation by Hall, Georgia & Gruber, Diane. *Healthy Choices Afterschool: Investigation of the Alignment of Physical Activity and Nutrition Programs/Curricula and the National Afterschool Association Program Standards*. New York: Robert Wood Johnson Foundation, The Afterschool Project. 2006.

http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1&tax_subject=382

Nutrition.gov provides easy, online access to government information on food and human nutrition for consumers. A service of the National Agricultural Library, USDA. On the Home Page, click Life Stages to view topics. Select *Children* and Find activities for kids including games, coloring books and MyPyramid materials and also information for parents on such issues as healthy meals and snacks, weight management and body image, food allergies, and more. Select *Adolescents* and find *Information on healthy eating and food-related issues for teens, tweens, and their parents. Weight, vegetarian eating, and bone health are just some of the topics covered.*

www.presidentschallenge.org.

This site provides information on how you can start a physical activity program today and stay active and fit for life while earning Presidential awards, visit our free, interactive physical activity and fitness. (NEW CITATION)

<http://www.s2smusic.com/index.html>

This site features *Station to Station: Music That Moves*. *Station to Station* is a series of CDs that manage student movement with timed music intervals and silence breaks. When the music pauses, children rotate to the next station or activity. When the music starts again, the students begin to move. *Station to Station* CDs were developed by a physical education teacher as a way to motivate and manage students. With large class sizes and limited equipment it was necessary to find an effective way to keep kids moving and learning. CD's include *Hip Hop Vol. 1 and 2, Pop Rhythms, and Island Music* and more. Other movement station resources are also available, including a User's Guide for integrating physical education movement stations with music and academics. The Guide gives examples of different types of stations: Stationary, Rotating, Line Squad, and More. The Guide also presents the National Standards of the National Association of Sports and Physical Education (NASPE). (NOTE: *Station to Station* is now associated with the SPARK Physical Education Curriculum.)

<http://www.sparkpe.org/after-school/>

The SPARK After School (AS) Physical Activity Program is a research-based project which began in 1995 as part of an effort to take lessons learned from the successful SPARK PE program and apply them to "out of PE" settings. Today's SPARK After School Program targets all out-of-school physical activity programs (e.g., after school, YMCA, Boys and Girls Club, recreation center, day care center, or camps). Years of research and extensive field-testing throughout the country has shown SPARK After School to be effective for children and adolescents ages 5-14. The SPARK after school philosophy: Include ALL youth, actively engage ALL youth, and instill the love of lifelong movement in ALL youth. When an agency or organization chooses SPARK After School, they receive four components necessary for successful promotion of physical activity: Curriculum, Training, Equipment, and Follow Up Support.