K-5 Interdisciplinary Physical Education/Physical Activity Resources  
(Websites and Loan Materials)

**Websites:**

Action Based Learning: [http://www.actionbasedlearning.com](http://www.actionbasedlearning.com)

Brain Gym: [http://www.braingym.org](http://www.braingym.org)

Brainboogie: [http://brainboogie.com](http://brainboogie.com)

PE Central: [http://www.pecentral.org/lessonideas/classroom/classroom.asp](http://www.pecentral.org/lessonideas/classroom/classroom.asp)

PELinks4u Interdisciplinary page: [http://www.pelinks4u.org/sections/interdisciplinary/interdisciplinary.htm](http://www.pelinks4u.org/sections/interdisciplinary/interdisciplinary.htm)

Spark Elementary Physical Education Program: [http://www.sparkpe.org/programElementaryPE.jsp](http://www.sparkpe.org/programElementaryPE.jsp)

**Loan Materials:**

The following resources are available for loan within Florida from the Coordinated School Health Resource Center

[http://doehealthlibraries.cites.fsu.edu](http://doehealthlibraries.cites.fsu.edu) (click on the golden apple)

**Title: How to Make Learning a Moving Experience**
Accession Number: H2904  
Author: Blaydes, Jean  
Publisher: Action Based Learning  
Year Published: 2006  
Audience: Elementary; Middle  
Format: CD-ROM; DVD  

In conjunction with the Virginia Department of Education, Jean Blaydes demonstrates how children learn, what blocks learning, and how to use movement to teach many different subjects. The package contains a 65 minute DVD and a manual on CD-ROM.

**Title: Purposeful Play: Early Childhood Movement Activities on a Budget**
Accession Number: 312626  
Author: McCall, Renee M.; Craft, Diane H.  
Publisher: Human Kinetics  
Year Published: 2004  
Audience: Pre K; Kindergarten; Elementary  
Format: Print  

This book features 36 energizing activities and 104 classroom-tested variations that creatively use commonly available materials and require minimal space. It is based on the authors' premise that the best early childhood physical education is delivered within a developmentally appropriate curriculum that embraces children's emotional and intellectual as well as physical needs. Encourages whole-school and community involvement. (softcover, 206 pages)

**Title: Movement-Based Learning: Academic Concepts and Physical Activity for Ages Three through Eight**
Accession Number: H2730  
Author: Clements, Rhonda; Schneider, Sharon
This book focuses on academic concepts that are age- and stage- appropriate for the child and progress from simple to more complex physical challenges. Lessons identify: NASPE's National Standard for Physical Education, the primary learning objective, recommended materials, learning experiences and questions. (208 pages)

**Title: Keep 'Em Movin: Tag Games for Fun and Fitness (Series Title: Champion for Physical Education)**
Accession Number: 312395.A  
Author: Champion, Melanie  
Publisher: Championship Productions  
Year Published: 2002  
Audience: Elementary; Middle  
Format: Video  
This is one of 6 videos in a series developed by Melanie Champion, the 2001 NASPE National Middle School Physical Educator of the Year. Most are best used with students in grades 4 through 6, but can be adapted for use with any age student. This video demonstrates 7 different games along with additional variations, each game having multiple themes and purposes. Included are games that involve sport skill development, academic curriculum integration, cardiovascular endurance, listening, thinking, agility, cooperation, teamwork, and total class participation. (42 mins.)

**Title: Twenty Critical Thinking and Problem Solving Activities (Series Title: Champion for Physical Education)**
Accession Number: 312395.F  
Author: Champion, Melanie  
Publisher: Championship Productions  
Year Published: 2002  
Audience: Elementary; Middle  
Format: Video  
This is one of 6 videos in a series developed by Melanie Champion, the 2001 NASPE National Middle School Physical Educator of the Year. Most are best used with students in grades 4 through 6, but can be adapted for use with any age student. This video includes activities designed to teach students responsible personal and social behavior in a physical activity setting. Twenty activities are demonstrated that share the basic elements of trust building, communication, teamwork, self-control, and group problem solving. (44 mins.)

**Title: Integrating Fun, Fitness and Fundamentals (Series Title: Champion for Physical Education)**
Accession Number: 312395.B  
Author: Champion, Melanie  
Publisher: Championship Productions  
Year Published: 2002  
Audience: Elementary; Middle  
Format: Video  
This is one of 6 videos in a series developed by Melanie Champion, the 2001 NASPE National Middle School Physical Educator of the Year. Most are best used with students in grades 4 through 6, but can be adapted for use with any age student. This video demonstrates 8 different integration activities and games that give examples of integrating physical education with anatomy, social studies, communication skills, math, the solar system, spelling, and health. (60 mins.)
Title: Movin' and Groovin': C'mon and Dance (Series Title: Champion for Physical Education)
Accession Number: 312395.E
Author: Champion, Melanie
Publisher: Championship Productions
Year Published: 2002
Audience: Elementary; Middle
Format: Video
This is one of 6 videos in a series developed by Melanie Champion, the 2001 NASPE National Middle School Physical Educator of the Year. Most are best used with students in grades 4 through 6, but can be adapted for use with any age student. This video shows how to teach and implement fun dances and rhythm activities and how to get students excited about dance and rhythm. (60 mins.)

Title: Fitness Fun Forever: Games and Fitness Activities for Anytime
Accession Number: 311620
Author: Ryan, Stuart
Publisher: Florida Department of Education, Coordinated School Health Program
Year Published: 2002
Audience: Kindergarten; Elementary
Format: CD-ROM; Print; Video
Physical activities in this book and video set can be incorporated into K-5 academic classrooms as well as after-school programs. Activities were selected to be implemented by someone with little or no training in teaching physical education or fitness concepts. Included with each activity are objective, grade level, materials needed, Sunshine State Standards met, and description. (Website: http://uwf.edu/sryan/start_here.htm)

Title: Thinking on Your Feet: 200+ Activities That Make Learning a Moving Experience (2nd ed.)
Accession Number: H2905
Author: Blaydes, Jean
Publisher: Action Based Learning
Year Published: 2004
Audience: Elementary
Format: Print
Based on research showing a link between physical activity and academic performance, the second edition of "Thinking on Your Feet" contains physical activities that teach lessons in reading and language arts, math and logic, health and nutrition, social studies and geography, music and dance, and interpersonal cooperation and self-esteem. (spiral bound, 282 pages)

Title: Movement ABCs: An Inclusive Guide to Stimulating Language Development
Accession Number: 311952
Author: Hengstman, Jolanda
Publisher: Human Kinetics
Year Published: 2001
Audience: Pre K; Kindergarten; Elementary
Format: Print
This book combines movement and sensory experiences to help children ages 3-8 develop language skills. Detailed lesson plans are organized around letters of the alphabet. Each lesson is divided into 6 parts: warm-up, music suggestions, opening, stations, closing, and teaching tips. (softcover, 157 pages)
Title: **Teach and Talk: Nutrition and Activity** (Health Smart Connection Series)
Accession Number: 311217
Author: Quackenbush, Marcia; Telljohann, Susan; Kane, William
Publisher: ETR Associates
Year Published: 2001
Audience: Elementary
Format: Print
This is a teacher's guide for nutrition and fitness education for the elementary grades. Coverage includes current trends, teaching strategies, family involvement, classroom activities, and curriculum integration. (softcover, 138 pages)

Title: **Heart Power: Level 3-5**
Accession Number: 310456.D
Publisher: American Heart Association
Year Published: 1996
Format: Manipulative; Print; Video
The American Heart Association's school-based program teaches elementary school students how to adopt heart-healthy behaviors. Nutrition, physical activity, tobacco prevention, and information on how the heart works are stressed in this supplemental health education curriculum. Materials are intended to be easily integrated with science and health education. This kit includes a teacher's guide, videos, stethoscopes, posters, and student books.

Title: **Interdisciplinary Teaching through Physical Education**
Accession Number: 310627
Author: Cone, Theresa Purcell; Wener, Peter; one, Stephen L.; Woods, Amelia Mays
Publisher: Human Kinetics
Year Published: 1998
Audience: Elementary
Format: Print
This book offers learning activities for elementary school students that integrate physical education with mathematics, science, language arts, social studies, and the arts. (softcover, 266 pages)

Title: **SPARK: Early Childhood -- Ages 3-5**
Accession Number: H2848
Author: Kimbrell, Patricia; Richey, Phyllis; Rosengard, Paul; McKenzie, Thomas
Publisher: San Diego State University Foundation
Year Published: 2003
Audience: Pre K; Kindergarten
Format: Print
This curriculum for use in early childhood and preschool settings provides physical activity lessons that can be used in classrooms, after school, during weekends, holidays, and summers. Each lesson includes scope and sequence, safety precautions, equipment needs, reproducible masters, and tips for integration with other subjects. (3-ring binder, various paging)

Title: **SPARK: Physical Education Program -- Grades K-2**
Accession Number: H2849
Author: Rosengard, Paul; McKenzie, Thomas; Short, Kathryn
Publisher: San Diego State University Foundation
Year Published: 2000
Audience: Kindergarten; Elementary
Format: Print
This curriculum for use in grades K-2 provides physical education lessons that can be used in classrooms, after school, during weekends, holidays, and summers. Each lesson includes scope and sequence, safety precautions, equipment needs, reproducible masters, and tips for integration with other subjects. (3-ring binder, various paging)

**Title: SPARK: Physical Education Program -- Grades 3-6**  
Accession Number: H2850  
Author: Rosengard, Paul; McKenzie, Thomas  
Publisher: San Diego State University Foundation  
Year Published: 2000  
Audience: Elementary; Middle  
Format: Print

This curriculum for use with grades 3-6 provides physical education lessons that can be used in classrooms, after school, during weekends, holidays, and summers. Each lesson includes scope and sequence, safety precautions, equipment needs, reproducible masters, and tips for integration with other subjects. (3-ring binder, various paging)

**Title: Take 10**  
Accession Number: 312071.A-D  
Publisher: ILSI Center for Health Promotion  
Year Published: 2001  
Audience: Elementary  
Format: Print; Video

Take 10 is an interdisciplinary health education program designed to get elementary grade students moving while learning. Each activity is linked to a core curriculum objective and lasts for 10 minutes. This kit for grade 3 includes a 9-minute teacher training video (312071.A), 30 activity cards (312071.B), tracking posters (312071.C), stickers, and 3 teacher's manuals (312071.D). Activities are divided into Fall, Winter, and Spring editions.

**Title: Body-Brain Kit (Series Title: Breakout of the Box)**  
Accession Number: 312550.A-F  
Author: Haebig, Jeff  
Publisher: Wellness Quest  
Year Published: 2001  
Audience: Elementary; Middle; High  
Format: Print; Video

The Breakout of the Box program has four main components: "Body-Brain Boogie Video", "Alive! Body/Brain-Based Teaching & Learning Interactive Booklet", "Branches Program Guide" and "Body/Brain Booster Activities". All of these components feature the goal to bring enthusiasm into 'vibrant' living and learning practices through a six-week program. The Boogie Video (1hr 52 mins) focuses on brain cells and systems, natural learning practices, whole body/brain learning and stress. The Alive! booklet offers an extensive series of interactive activities that can be used to teach staff members body/brain-based principles derived from neuroresearch. The Branches guide with accompanying sample personal workbook bring people together to share their innovations. The Body/Brain Boosters Activity Book offers 54 active approaches that help students master concepts being taught in class while learning how their body/brain learns best according to neuroscience.