



Physical Education Resource Document

Dance Education

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<https://education.ket.org/collections/dance-toolkit/>

<https://www.artsednj.org/dance-resources/>

<https://danceteachingideas.com/>

https://www.danceforallbodies.org/post/whydfab?gclid=EAlalQobChMIv772pJDh-wIVGLjCh177QRZEAMYASAAEqJc2fD_BwE

<https://resourcesfordanceteachers.com/>

<https://blog.gophersport.com/why-teach-dance/>

<https://www.tandfonline.com/doi/full/10.1080/07303084.2020.1770519>

<https://journals.sagepub.com/doi/10.1177/1356336X16645611>

<https://www.pecentral.org/lessonideas/dance/danceindex.asp>

<https://www.ssw.com/blog/dance-activities-for-physical-education/>

Health and Physical Education

https://www.fueluptoplay60.com/resources/learning-plan/fuel-your-game-day?gclid=EAlalQobChMIz9jBurzA-glVUffjBx2VZwBCEAAAYAiAAEqLJKfD_BwE

<https://www.cbhpe.org/resources>

<https://www.thepespecialist.com/home/>



<https://www.pinterest.com/haleyjo3/pe-health/>

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<https://blog.gophersport.com/yoga-in-physical-education/>

https://openphysed.org/curriculum_resources/yoga-mindfulness

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://www.panoramaed.com/blog/mindfulness-for-educators>

<https://www.amle.org/ten-mindfulness-strategies-for-educators/>

<https://www.brilliantmindfulness.com/resources-for-teachers/>

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://www.speciallearninghouse.com/mindfulness-activities-for-kids/>

Mindfulness

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<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

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<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

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Physical Education

<https://openphysed.org/best-practices/backtoschool>

<https://cptv.pbslearningmedia.org/subjects/health-and-physical-education/>

https://www.supportrealteachers.org/adapted-physical-education.html?qclid=EAlaIQobChMImNq1zYXy-QIVTLLICh0G5QuDEAAYAAEgLhpvD_BwE

<https://www.capnpetespowerpe.com/single-post/the-top-20-pe-websites-quality-physical-education-resources-at-your-fingertips>

<https://openphysed.org/>

www.nahpl.org <https://www.cdc.gov/healthyschools/pecat/index.htm>

https://www.cdc.gov/healthyschools/physicalactivity/inclusion_pepa.htm

<https://www.cdc.gov/healthyschools/physicalactivity/physical-education.htm>

<https://www.thepespecialist.com/home/>

<https://thephysicaleducator.com/resources/>

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https://www.cdc.gov/healthyschools/physicalactivity/pdf/classroom_pa_ideas_and_tips_final_201008.pdf

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

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https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/?gclid=EAlaIQobChMIwo3nvMvA-glVGPrICh0biQtTEAAYASAAEgLMR_D_BwE

http://www.tnafterschool.org/wp-content/uploads/10-1819_SecondaryClassroomPA.pdf

<https://www.acsm.org/blog-detail/acsm-blog/2022/05/20/cognitive-benefits-physical-activity-older-adults>

<https://www.seniorlifestyle.com/resources/blog/7-best-exercises-for-seniors-and-a-few-to-avoid/>

<https://www.cdc.gov/physicalactivity/activepeoplehealthnation/everyone-can-be-involved/education.html>

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Social and Emotional Learning

<https://blog.schoolspecialty.com/opportunities-for-social-emotional-learning-in-physical-education/>

<https://blog.gophersport.com/5-social-emotional-learning-strategies-in-pe-pe-express-blogcast-ep-66/>

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<https://www.movethisworld.com/white-papers/back-to-school-sel-toolkit/>

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<https://www.movethisworld.com/social-emotional-learning/sel-in-physical-education/>



<https://www.edutopia.org/article/sel-possibilities-physical-education>

<https://www.nchpad.org/fppics/Social%20Emotional%20Learning%20Guide.pdf>

<https://www.k12.wa.us/sites/default/files/public/studentssupport/sel/pubdocs/SEL%20Parent%20and%20Educator%20Activities.pdf>

https://www.common sense.org/education/articles/teachers-essential-guide-to-social-and-emotional-learning-in-digital-life?gclid=EAlaIqobChMIz9jBurzA-gIVUffjBx2VZwBCEAMYASAAEglboPD_BwE

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<https://www.gov.nl.ca/tcar/files/Older-Adult-Physical-Activity-Toolkit.pdf>



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<https://food.unl.edu/article/physical-activity-older-adults>

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<https://medlineplus.gov/exerciseforolderadults.html>

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New Jersey Department of Education

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<https://www.nj.gov/education/educators/>

<https://www.nj.gov/education/safety/wellness/mh/index.shtml>

Professional Growth and Development

<https://learningforward.org/wp-content/uploads/2017/08/professional-development-matters.pdf>

<https://www.nea.org/professional-excellence/professional-learning/teachers>

<https://www.teachhub.com/professional-development/2019/11/15-professional-development-skills-for-modern-teachers/>

<https://blog.gophersport.com/10-pe-professional-development-websites/>

Self-Care

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<https://www.waterford.org/education/teacher-self-care-activities/>



<https://www.mindfulteachers.org/blog/self-care-resources>

<https://www.youtube.com/watch?v=n3pdoe1hfuE>

Other

<https://www.capnpetespowerspe.com/single-post/the-top-20-pe-websites-quality-physical-education-resources-at-your-fingertips>

<https://openphysed.org/>

www.nahpl.org



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