

# Resources

## for Physical Educators

The following resources can be utilized to enhance PE programs, to help guide and direct opportunities for more physical activity at school, to access additional professional development, and to help create extended learning communities for PE professionals.

<p><b>Student Assessment</b> Example of an easy-to-use student skill assessment template (pg 89-90 of this toolkit) featured in the PowerUp PE training video on assessment techniques</p>	<p><b>Physical Education Advocacy</b> American Heart Association RI PE Advocacy campaign to prioritize PE in Rhode Island and provide the funding &amp; resources schools need to make certain all RUI students receive effective PE. Learn more at #HealthyKidsRI</p>	<p><b>Family Fitness Night</b> Family Fitness Nights are a great way to extend healthy messages from school to home and get students and families to have fun being active together. They're also an opportunity to showcase PE programs in schools! Action for Healthy Kids has some great resources and tips for planning a Family Fitness Night.</p>
<p><b>Recess</b> Learn about our state recess law, programs and resources to support active, inclusive and safe recess here.</p>	<p><b>Before/After School Programs</b> Adding "out-of-school" fitness and activity programs can provide students more opportunities to move and have fun. Check out some ideas and local programs here.</p>	<p><b>Classroom Exercise Breaks</b> Activity breaks activate the body and the brain and leave students more focused and ready to learn. Here are some resources and ideas to share or model for classroom teachers.</p>

## PHYSICAL EDUCATION WEBSITES

Link to the following valuable websites for every Physical Educator



Some very generous PE teachers across the country share their best practices, games and ideas on websites they've created and on their own YouTube channels. They are well worth checking out and following on social media!

[pe4everykid.weebly.com](http://pe4everykid.weebly.com)

[jcahillpe.wordpress.com](http://jcahillpe.wordpress.com)

[www.physeddepot.com](http://www.physeddepot.com)

[physedreview.weebly.com](http://physedreview.weebly.com)

[teachphysed.weebly.com](http://teachphysed.weebly.com)

YouTube – Bart Jones

[www.thepespecialist.com](http://www.thepespecialist.com)

[www.capnpetespowerpe.com](http://www.capnpetespowerpe.com)