

# Physical Activity Resources

**California Healthy Kids Resource Center (CHKRC)** - funded by the California Dept. of Education, all materials are free for a four-week loan. The only cost is postage to return the materials. Register online to be able to borrow materials and to receive information about new materials and trainings  
<http://www.californiahealthykids.org/c/@fQLJ4MAtwNAvw/Pages/index.html>

All Ages K-12

**PE Central** - lesson plans for activities broken down by grade level. Choose AFitness Concepts@ and AFitness@ under each age category for great game and activity plans.  
<http://www.pecentral.org/lessonideas/pelessonplans.html>

## Preschool

**HeartPower!** (American Heart Association) B free to print, or borrow from CHKRC  
Four subject kit for PreK includes lesson on staying physically active for heart health.  
<http://www.americanheart.org/presenter.jhtml?identifier=3003357>  
<http://www.americanheart.org/presenter.jhtml?identifier=3003412> (specific physical activity lessons)  
<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

**Kids in Action B Early Childhood Activity** (NASPE) B Free to print, hardcopies for cost of shipping  
Booklet gives physical activity guidelines for children 0-5, provides activity ideas.  
[http://www.aahperd.org/naspe/template.cfm?template=kids\\_brochure.html](http://www.aahperd.org/naspe/template.cfm?template=kids_brochure.html)

## Elementary School

**Active California** (Governor=s Council on Physical Fitness & Sports) B free  
New online fitness challenge with prizes for daily activity; comprehensive parks list, resource links  
<http://www.activeca.org/active/tips-kids.html>

**After School Physical Activity** (California Dept. of Education/SD County Office of Ed) - free  
Online explanations & videos of games and dances for grades 4-8. Some use minimal equipment and require minimal space.  
<http://www.afterschoolpa.com/base.html>

**Energizers** (North Carolina Healthy Schools) - free to download, \$20 + shipping for laminated cards  
Classroom-based physical activity ideas for K-5, divided by grade levels  
<http://www.ncpe4me.com/energizers.html>

**Fitness Fun Forever** (FL Dept. of State/CDC) B free  
Online descriptions and videos of fitness activities for grades K-5. Many integrated with academic curriculum Most use minimal equipment and require minimal space  
<http://uwf.edu/sryan/resources/contents.htm>

**Games Kids Play** B free  
Website describing dozens of playground games  
<http://www.gameskidsplay.net/>

**HeartPower!** (American Heart Association) B free to print, or borrow from CHKRC  
Four subject kit for grades K-2 and 3-5 includes lesson on staying physically active for heart health.  
Kit from CHKRC includes stethoscopes, readers and game show videotape.  
<http://www.americanheart.org/presenter.jhtml?identifier=3003357>  
<http://www.americanheart.org/presenter.jhtml?identifier=3003412> (specific physical activity lessons)  
<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

**Operation FitKids Curriculum** (American Council on Exercise) B free to download  
7 one-hour lessons for grades 3-5: 30 minutes physical activity concepts, 30 minutes nutrition  
<http://www.acefitness.org/ofk/youthFitness/>

**Project ACES (All Children Exercise Simultaneously) B** free to print materials  
Annual event since 1989. On first Wednesday in May, at 10 a.m., across the country and beyond.  
children do some form of physical activity for 15 minutes. Can be used as recess event.  
<http://www.projectaces.com/>

**President=s Challenge B** free booklet  
Ages 6-17. Booklet describes President=s challenge test, scoring, awards  
<http://fitness.gov/getfit.pdf>

**Posters & Activity Kits** (Team Nutrition of the USDA Food & Nutrition Svsc) B Free  
<http://www.fns.usda.gov/tn/Resources/index.htm>

**Star Power** (Joy of Sports) - \$12  
Curriculum for ages 5-9 to develop life skills through physical activity  
<http://www.joyofsports.com/starpower.htm>

**Worksheets & Incentives** (Eat Smart, Play Hard! of the USDA Food & Nutrition Svcs.) B Free  
<http://www.fns.usda.gov/eatsmartplayhard/home2.html>

**Free DVD (ages 5-9)** (Dept. of Health & Human Services)  
<http://www.ahrq.gov/child/dvdobesity.htm>

## Middle School

**Active California** (Governor=s Council on Physical Fitness & Sports) B free  
New online fitness challenge with prizes for daily activity; comprehensive parks list, resource links  
<http://www.activeca.org/active/tips-kids.html>

**After School Physical Activity** (California Dept. of Education/SD County Office of Ed) - free  
Online demonstrations and explanations of games and dances for grades 4-8. Some use minimal  
equipment and require minimal space.  
<http://www.afterschoolpa.com/base.html>

**Buff=n=Stuff: The Art & Science of Getting Strong & Eating Right** Borrow from CHKRC  
Ten lessons on fitness concepts and good nutrition for ages 12-15, using music and activity ideas.  
<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

**Exercise Your Options** (California Dairy Council) Borrow free to print, or borrow from CHKRC  
Helps middle school students make healthier food and activity choices on a daily basis.  
[http://www.dairycouncilofca.org/edu/edu\\_prog\\_eyo.htm](http://www.dairycouncilofca.org/edu/edu_prog_eyo.htm)  
<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

**HeartPower!** (American Heart Association) Borrow free to print, or borrow from CHKRC  
Four subject kit for grades 6-8 includes lesson on staying physically active for heart health.  
Kit from CHKRC includes stethoscopes, readers, talk show videotape.  
<http://www.americanheart.org/presenter.jhtml?identifier=3003357>  
<http://www.americanheart.org/presenter.jhtml?identifier=3003412> (specific physical activity lessons)  
<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

**The Power of Choice** (USDA Team Nutrition) Borrow free to print, may be available at CHKRC  
Ten lessons on physical activity & nutrition for middle schools, requiring little prep or other materials.  
[http://www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)  
<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

**President=s Challenge B** free booklet  
Ages 6-17. Booklet describes President=s challenge test, scoring, awards  
<http://fitness.gov/getfit.pdf>

**yourSELF** (USDA Team Nutrition) Borrow free to print some materials, borrow kit from CHKRC  
Covers physical activity, body image, eating habits for grades 7 & 8. Complete kit includes video, workbook, posters, student magazine and reproducible masters.  
<http://www.fns.usda.gov/tn/Resources/yourself.html>  
<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

## High School

**Active California** (Governor=s Council on Physical Fitness & Sports) Borrow free  
New online fitness challenge with prizes for daily activity; comprehensive parks list, resource links  
<http://www.activeca.org/active/tips-kids.html>

**JumpStart Teens** (California Project LEAN) Borrow free to print, or borrow from CHKRC  
8 cross curricular lessons on nutrition, fitness and advocacy concepts  
[http://www.californiaprojectlean.org/views/Create\\_Healthier\\_People.asp](http://www.californiaprojectlean.org/views/Create_Healthier_People.asp)  
(click on JumpStart Teens under School & Youth Environments)  
Also may use website aimed at teens, [www.caprojectlean.org](http://www.caprojectlean.org)

**President=s Challenge B** free booklet  
Ages 6-17. Booklet describes President=s challenge test, scoring, awards  
<http://fitness.gov/getfit.pdf>