

**Morgan Schwarz:**

*Health:* Teaching and discussing with students about sexual health issues and concerns can be quite challenging due to their maturity level and interactions; however, it is essential for students to be aware of their sexual health complications and questions that may arise. The following website gives educators lesson plans with engaging activities as well as provides students and parents information regarding a specific topic. The website gives you the opportunity to choose which grade level (4th-12th grade) you are focusing on. It also is broken down by topic including but not limited to: anatomy, contraception, puberty, relationships, reproduction, abuse, and decision-making. This may be used to give educators a way to “break the ice” and begin a complicated subject for many students to focus on. It also gives tips suggestions to engage the students as well as providing ground rules prior to the class/lesson.

<http://www.teachingsexualhealth.ca>

*Human Performance:* This website provides physical fitness educators as well as classroom educators activities for students ranging from preschool through 12th grade. This website focuses on over 2,400 various activities and lessons within the physical education department. It also provides classroom management ideas for a physical classroom where structure and routine are not always the same. The website also provides specific activities to use on various holidays such as Columbus Day and Earth Day. This is a good source to use when in need of a “change” and a new “twist” to a broader game that is common to most students.

<http://www.pecentral.org/lessonideas/pelessonplans.html>

**Abby Wegner**

*Health:* This website has resources for preschool to grade 12. It contains a teacher guide for each unit, handouts that correlate with guide, and an optional quiz for each unit. For each grade, the units address the human body, health problems, and personal health. The teacher using this source could do all the units in order or could jump around.

<http://classroom.kidshealth.org>

*Human performance:* This website is dedicated to eliminating childhood obesity. It provides lesson plans from early childhood to high school. There are also physical education lesson plans that can be utilized in the classroom, recess, and after school.

<http://www.sparkpe.org>

**Alli Songstad:**

*Health:* This is a very strong resource for teaching health units to students. Lesson plans and activities are designed for students from Kindergarten through twelfth grade. In addition to providing strong lesson plans, this resource provides assessments to test students’ progress and learning. After a teacher takes the time to analyze the student's performance, this website also includes ways to enhance instruction. There are interactive activities to incorporate during the lessons.

<http://www.learntobehealthy.org/parents-teachers/index.aspx>

*Human Performance:* This website provides a curriculum for grades Kindergarten through fifth grade. There are a variety of creative and unique games and exercises for students under the “curriculum resources” tab, which allows teachers and administration to access via a PDF file. The website does a great job of teaching specific physical skills. For instance, it provides information on ‘how to’ teach students ball handling and dribbling skills,

locomotor and manipulative skills, etc., This is broken down into the younger elementary grades and the upper elementary grades, as students are at different skill levels at these points in development.

<http://openphysed.org>

**Cassie Schroer:**

*Health:* This website includes different print outs for Kindergarten through twelfth grade. These teaching units will engage students in different ways about health and nutrition so that they are able to make healthy decisions in their life. This website gives plenty of different resources for the different age ranges

<https://www.teachervision.com/health/teacher-resources/43745.html>

*Human Performance:* This website includes different lesson plans for Kindergarten through twelfth grade. There are many useful lessons for teaching human performance. On the website they list many different lesson activities and also state which age the activity would fit best for. This makes it easy for a teacher to look at and decide what to do with their class.

[http://www.lessonplanet.com/search?rating=4&subject\\_ids%5B%5D=365225&type\\_ids%5B%5D=357917&gclid=CK2f5bj6osoCFQqtaQodiYgGzA](http://www.lessonplanet.com/search?rating=4&subject_ids%5B%5D=365225&type_ids%5B%5D=357917&gclid=CK2f5bj6osoCFQqtaQodiYgGzA)

**Kristen Mielke:**

*Health:* This website from Discovery Education, is a very good resource for teaching health. This website alone has over fifty different lesson plans that have the primary purpose of teaching health related topics to students. Some of the lesson plans are for sixth through eighth graders, and the others are designed for ninth through twelfth graders. The lesson plans are also very straightforward and easy to follow. The objectives are listed first, followed by the materials that are needed. The procedures are also laid out very clearly. At the bottom of the lesson plan there are listed adaptations that would need to be made to accommodate students of different abilities. Lastly, the page offers discussion questions that can be asked to the students.

<http://www.discoveryeducation.com/search/page/-/lesson-plan/health/index.cfm>

*Human Performance:* This website from Teacher Vision is a great resource for teaching human performance. This website has multiple links, all pertaining to different topics of physical education. It has several links for lesson plans that are designed to keep kids active, while having fun. In addition to the lesson plans, this website also has separate links for articles that integrate physical education with other content areas. For example, there are several articles that connect physical education with social studies. After all, making connections is what teaching is all about! The lesson plans that are on this website are for students from kindergarten through twelfth grade.

<https://www.teachervision.com/physical-education/teacher-resources/6653.html>

**Morgan Weyhrauch:**

*Health:* The title of this website is “Internet Resources to Accompany the Sourcebook for Teaching Science.” There is a page on this website that is under the category of health and is titled “Resources for Teaching Health.” This website includes links to a variety of resources one could use to effectively teach health to students. Some of the categories include statistics, nutrition, abstinence education, alcohol and other drugs, health and medical reference, diseases, pediatrics, tobacco, violence, TV and lethargy, resources for health education, health education standards, activities for teaching health, health organizations, and lesson plans. Within these categories, there is both information that a teacher would use as content knowledge and also specific tools that a teacher

could use in lessons. Under the “nutrition” category, there are links to various tools and resources such as a nutritional analysis tool and a link to the Federal Nutrition website. One precaution is that this website does seem a bit outdated. However, there are still valuable resources that could be used. There is a link to the “Health Education Content Standards for California Public Schools” that is dated March of 2008. This was created for kindergarten through twelfth grade. Overall, this website is basically an organized collection comprised of links to various resources one could use when teaching health to students.

<http://www.csun.edu/science/health/>

*Human Performance:* This website is titled “Healthy Kids: Eat Well, Get Active.” It was created by the New South Wales Ministry of Health, the New South Wales Department of Education and Communities, and the Heart Foundation. It includes a variety of resources that one could use to teach physical education. It is even broken down into the categories of primary school, high school, out of school hours care, and early childhood. This website provides information about health and physical education that is valuable for teachers and parents to know. It also includes tools that teachers can use in their lessons. In addition, there is information about various programs that support healthy lifestyles and proper education about health and physical education.

<http://www.healthykids.nsw.gov.au/teachers-childcare/physical-activity-primary-school/primary-physical-activity-teaching-resources.aspx>

### **Ashley Martinson**

*Health:*

This website was created by the Centers for Disease Control and Prevention. The website contains information on food and nutrition, safety, and your body. It also discusses mental health, bullying, puberty, and the pressures of growing older such as smoking, etc. The website also discusses your immune system and some diseases that affect students their age. Under these tabs, there is educational information presented in paragraph form but also in the form of interactive visuals and quizzes. I think this could be a “WebQuest” type of activity for students. It could also be done as a class, using the visuals which are geared toward children grades 5-8.

*Human Performance:*

Along with the health information on this website, there are also physical activity suggestions. On this website is also an activity calendar. This template could be given to each individual student to use to plan or demonstrate how to incorporate physical activity into their everyday lives. It could also be used to plan as a class what activities would be appropriate for their class time and would be beneficial to their health. Accompanied to this weekly template is a list of activities that can be done at differing times and circumstances. This could be used for all grades. The list could be modified to give younger students fewer options or easier activity options. Depending on grade level, students could be more or less in depth or specific about their planned activities for the week.

<http://www.cdc.gov/bam/body/flameout.html>

### **Samantha Ely**

*Health:* This website has resources such as brochures, handouts, activities, and lesson plans for teaching the following topics in health as consumer health, disease prevention and treatment, drug use and abuse, emergency care, emotional health, family health, nutrition and diet, and safety and injury prevention. It also includes lesson plans, games, and other resources for teaching physical education. The website resources are useful for grades 5-12

<http://www2.mcrel.org/lesson-plans/health/healthpelessons.asp>

*Human Performance:* This resource allows you to narrow results to a specific date or subcategory. The lesson ideas are integrated lessons: using physical education to teach information in other content areas. As a teacher it is always a goal to incorporate as many different content areas into a lesson and this online resource would allow you to do so. The lessons are also adaptable to the environment: some can be taught in the classroom while other can be taught in the gymnasium or outside. The lessons can be taught to children in grades K-8.

<http://www.pecentral.org/lessonideas/classroom/classroom.asp>

### **Rachael Heidorn**

*Health:* The resource I found was great for teaching preschool through 12th grade. Each grade was offered three different categories of health that could be taught: human body, health problems, and personal health. Inside those categories are tons of different options you can teach about. If you want to teach about sleep then the website offers a teacher's guide on what to talk about, a handout (sleep log) and a quiz.

<http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body>

*Human Performance:* This resource was targeted to get kids 'fit.' Included were dozens of videos and ideas that a teacher could lead her class in. Adults work on high intensity interval training a lot to work on their cardio. Well kids probably don't want to do it the same way because it's hard and maybe boring. So this website gives a lot of ideas on the same concepts but in game form. The website also provided many kid friendly recipes. I would use this site for any elementary age.

<http://www.acefitness.org/acefit/activity-snacks/>