

## Resources

Teachers choose learning experiences and materials to help children reach physical development outcomes. Below are some resources that may assist you:

- Physical Development **Foundations** – Foundations are published and a curriculum guide will be made available by the CA Department of Education.  
<http://www.cde.ca.gov/sp/cd/re/psfoundations.asp#psfoundvol2>
- Physical Education **Standards and Framework**, K-12 --  
<http://www.cde.ca.gov/ci/pe/cf/>
- California Kindergarten Association will post online activities that teach physical education and movement. Stay tuned!
- **Poster** on Physical Education & Movement from CM School Supplies – use this poster to inform parents and classroom visitors about the importance of physical development.
- **Professional Organization** -- National Association for Sport and Physical Education (NASPE) whose mission is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity programs <http://www.aahperd.org>. NASPE also has a position statement on recess.
- **Professional Organization** – American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) whose mission is to support and assist professionals involved in physical education, recreation, fitness, sport and coaching, dance, health education and promotion, and all specialties related to achieving a healthy and active lifestyle. <http://www.aahperd.org>
- County Offices of Education may offer professional development on physical education.
- President's Council on Physical Fitness and Sports – Kids in Action – promote good health through fitness, sports and nutrition for people of all ages, backgrounds and abilities through partnerships in national, state and local organizations, programs and initiatives. <http://fitness.gov/>
- Sharron Krull, frequent presenter at the California Kindergarten Conference, has a website with presentations and other resources. <http://www.sharronkrull.com/>
- National Association for Education of Young Children (NAEYC) has journals about young children (ages 0-8) and for teachers of preschool, annual and regional conferences and quality print materials on all early childhood topics.  
<http://www.naeyc.org>
- Healthy Kids Resource Center -- maintains a comprehensive collection of health education materials for use by teachers, administrators, university faculty, LEA staff

and other professionals who work with preschool through 12th grade students in school settings and after-school programs. <http://www.acoe.org>

- California Physical Education-Health Project – a K-16 collaborative professional development program dedicated to the pursuit of excellence in teaching standards-based physical education and health education. CPEHP offers workshops and summer institutes. <http://csmp.ucop.edu/cpehp/>