

## **Physical Education Resources Links:**

Please note that inclusion of the following external web links does not imply endorsement of either the reliability of the information presented or its suitability for a particular age group or grade level.

### [Carol M. White Physical Education Program \(PEP\)](#)

The Carol M. White Physical Education Program provides grants to LEAs and community-based organizations (CBOs) to initiate, expand, or enhance physical education programs, including after-school programs, for students in kindergarten through 12th grade. Grant recipients must implement programs that help students make progress toward meeting state standards.

### [National School Boards Association](#)

The National School Boards Association (NSBA) is a not-for-profit organization representing State Associations of school boards and their member districts across the United States.

Our mission is, “working with and through our State Associations, to advocate for equity and excellence in public education through school board leadership.”

### [Physical Education Curriculum Analysis Tool \(PECAT\)](#)

The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards.

### [School District Wellness Policies](#)

A report from the Robert Wood Johnson Foundation’s Bridging the Gap program finds that progress to improve school district wellness policies has stalled.

### [Alliance for a Healthier Generation](#)

The Alliance for a Healthier Generation was founded by the American Heart Association and the Clinton Foundation as a response to the growing rate of childhood obesity. The goal is to create systemic change, change that is not isolated to one home, or community, to one school, industry, or state. Their sights are set on schools where kids spend most of their time outside of home.

## **Violence Prevention Toolkit Now Available to City Leaders**

The YEF Institute has published a new toolkit entitled "Preventing Violence and Building Communities Where Young People Thrive." The toolkit draws upon lessons learned over the past three years from the California Cities Violence Prevention Network, a 13-city network sponsored in collaboration with the National Council on Crime and Delinquency to identify strategies for reducing violence and victimization. Each of the network cities has developed and is now implementing a comprehensive violence reduction plan that blends prevention, intervention and enforcement techniques. The toolkit highlights a wide range of city practices.

For more information about the California Cities Violence Prevention Network, visit [California Cities Violence Prevention Network](#). Or, contact: Andrew Moore at 215-848-6910 or [moore@nlc.org](mailto:moore@nlc.org) , or [Ernesto Olivares](#) 

### [101 Tips for Youth Sport Coaches](#)

The National Association for Sport and Physical Education (NASPE) and Polar USA have developed the new 101 Tips for Youth Sport Coaches. Offering 101 suggestions to become a complete coach, the brochure introduces youth sport coaches to the fundamentals of good coaching and encourages their professional development so that every young athlete will have an optimal sport experience.

To receive a free copy of 101 Tips for Youth Sport Coaches, send a stamped, self-addressed legal size (#10) envelope to: NASPE/101 Tips Coaches, 1900 Association Drive, Reston, VA 20191. The brochure is sold in packages of 50 at \$25 retail and \$15 for AAHPERD members. For bulk purchases of 200+ copies for your coaches, call 1-800-321-0789. Stock number is 304-10500

### 101 Tips for Healthy Student-Athletes

NASPE wants young athletes to enjoy a high level of physical fitness, to feel good about their skills and enjoy physical activity of all kinds, and to have energy and physical stamina. This booklet, sponsored by Cabot Creamery Dairy Farmer Cooperative, provides school-age athletes and their families with the guidance they need to prepare their bodies and minds appropriately for practice, achieve physical fitness levels that afford them the energy and endurance they need, and minimize the risk of injury and burnout ... all key ingredients in the recipe for ensuring healthy and successful school-age athletes.

For pricing or other information, call 1-800-321-0789 ; or go to [SHAPE America](#)

Also available through this site are two books that will help early childhood programs establish and maintain movement as an integral part of the overall learning process:

Appropriate Practices in Movement Programs for Children Ages 3-5

and,

Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Age 5

### **Before and After School Activities/Resources**

#### [The Crucial Role of Recess in School](#)

Pediatrics: Official Journal of the American Academy of Pediatrics

Recess is at the heart of a vigorous debate over the role of schools in promoting the optimal development of the whole child. A growing trend toward reallocating time in school to accentuate the more academic subjects has put this important facet of a child's school day at risk. The American Academy of Pediatrics believes that recess is a crucial and necessary component of a child's development and, as such, it should not be withheld for punitive or academic reasons.

#### [After School Alliance Funding Data](#)

Select from various options for funding information relevant to your situation. The Afterschool Alliance is working to ensure that all children have access to affordable, quality afterschool programs.

Afterschool programs are critical to children and families today, yet the need for programs is far from being met.