

## Health and Physical Education Resources

Kids Health	<a href="https://kidshealth.org/en/parents/classroom.html">https://kidshealth.org/en/parents/classroom.html</a>
Outschool – Short and full-length online courses	<a href="http://www.outschool.com/online-classes/health-wellness">www.outschool.com/online-classes/health-wellness</a>
Center for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
Teachers.net	<a href="http://www.teachers.net/lessonplans/subjects/health">www.teachers.net/lessonplans/subjects/health</a>
Kids Health in the Classroom	<a href="http://www.classroom.kidshealth.org">www.classroom.kidshealth.org</a>
TeAchnology	<a href="http://www.teach-nology.com/teachers/lesson_plans/health/">http://www.teach-nology.com/teachers/lesson_plans/health/</a>
MiddleSchool.net	<a href="http://www.middleschool.net/health-lesson">http://www.middleschool.net/health-lesson</a>
Health, Wellness and Physical Fitness Workbook, Grades 5-12 (recommended for grades 8-12)	<a href="https://www.carsondellosa.com/404186--health-wellness-and-physical-fitness-workbook-grade-5-12-paperback-404186/">https://www.carsondellosa.com/404186--health-wellness-and-physical-fitness-workbook-grade-5-12-paperback-404186/</a>
Teacher Vision Health and Nutrition Resources	<a href="https://www.teachervision.com/subjects/health-safety/nutrition">https://www.teachervision.com/subjects/health-safety/nutrition</a>
Scholastic: 15 Book to Inspire Healthy Habits in Young Children	<a href="https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/15-books-to-inspire-healthy-habits-your-kids.html">https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/15-books-to-inspire-healthy-habits-your-kids.html</a>