

PE Central Tip Sheet

There are a variety of resources that you can use to help staff members find appropriate physical activities for children and youth. You have learned about many of them in this course. One additional resource is the website called *PE Central*. It is designed for physical educators, but many of the lessons are applicable to child-development center and school-age programs. Explore the site with staff and offer suggestions for incorporating physical activity in fun and meaningful ways.

You can complete the scavenger hunt below with staff members.

Go to the PE Central website search feature: <http://www.pecentral.org/pecinfo/search/index.asp>.

Have staff members enter the age or grade level of the children with whom they work. Use the results to answer the questions.

1. Find one lesson plan for your age group that focuses on each of the following skills. Note that there are no lessons available for infants and toddlers.
 - a. Locomotor skills/traveling:
 - b. Kicking:
 - c. Body and space awareness:
 - d. Jumping:
 - e. Gymnastics (school-age):
 - f. Dribbling (school-age):
2. Enter the word "adaptive" in the search. This will bring up information about Adapted PE. These are strategies for supporting children and youth with disabilities. Click around to learn about resources.