

## Educational Web Resources for Teachers

### [www.heart.org/jump](http://www.heart.org/jump)

The **Jump Rope For Heart** website provides information for teachers, students and parents about the Jump Rope For Heart program. Whether you need jump rope skill instructions or tips for making your event a success, you can find the information here.

### [www.heart.org/hoops](http://www.heart.org/hoops)

The **Hoops For Heart** website provides event resources for coordinators, such as tournament setup suggestions and forms needed to order thank-you gifts.

### [www.heart.org](http://www.heart.org)

The **American Heart Association** website offers a wide variety of valuable information including current research developments, detailed explanations for many diagnoses and heart-healthy tips.

### [www.heart.org/healthierkids](http://www.heart.org/healthierkids)

These tools for parents, teachers and schools offer ideas, suggestions and resources to help all kids develop lifelong healthy habits.

### [www.heart.org/NFLPlay60Challenge](http://www.heart.org/NFLPlay60Challenge)

The American Heart Association and National Football League have teamed up to create the **NFL PLAY 60 Challenge**, inspiring middle school students to become physically active for at least 60 minutes every day! Visit the website for in-school ideas for promoting physical activity, classroom activities and physical activity break ideas.

### [www.aahperd.org](http://www.aahperd.org)

**American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)** is the American Heart Association's partner in Jump Rope For Heart and Hoops For Heart. AAHPERD is the largest organization of professionals supporting and helping those involved in physical education, leisure, fitness, dance, health promotion and education and all specialties related to achieving a healthy lifestyle.

### [www.aahperd.org/naspe/physicalbest](http://www.aahperd.org/naspe/physicalbest)

**Physical Best** is a comprehensive health-related fitness education program of AAHPERD for use in conjunction with existing K-12 physical education curricula.

### [www.aahperd.org/naspe/stars](http://www.aahperd.org/naspe/stars)

**STARS** is a program developed by the National Association for Sport and Physical Education (NASPE). This awards program features five levels of achievement to recognize outstanding physical education programs in K-12 schools across America. You can gain national recognition for your school and your PE teachers by documenting the excellence of your PE program.

### [www.pecentral.org](http://www.pecentral.org)

**PE Central** is ideal for PE teachers. The site offers physical education curricula, program ideas and resources for teaching children and youth.

### [www.healthychoices.org](http://www.healthychoices.org)

The **Healthy Choices for Kids** nutrition education program was created by the growers of Washington state apples. This program consists of four separate volumes: Eat a Wide Variety of Foods; Choose a Healthy and Active Lifestyle; Eat Plenty of Fruits, Vegetables & Grains; and Choose Healthy Snacks.

### [www.nutritionexplorations.org](http://www.nutritionexplorations.org)

Sponsored by the Dairy Council, **Nutrition Explorations** is a great resource for teachers. It provides nutrition lessons, nutrition news and FAQs, grade-level ideas and a teacher idea exchange area. The site also has an extensive section for parents, kids and even the cafeteria or foodservice staff.

### [www.kidsnutrition.org](http://www.kidsnutrition.org)

The **Children's Nutrition Research Center** site contains research, news, calculators (including children's BMI calculator), a Portion-Distortion Quiz and an interesting article on how parents' attitudes help shape kids' "athletic identity." The site also has a poster gallery where you can download and print materials.

### [www.bam.gov/teachers/index.htm](http://www.bam.gov/teachers/index.htm)

**BAM — Body and Mind** is a children's website of the Centers for Disease Control and Prevention. This teachers' resource center helps you to incorporate CDC health, safety and science topics into your classroom. The site also offers your students interactive content to investigate topics for school or for a personal interest.

### [www.health.discovery.com](http://www.health.discovery.com)

The **Discovery Channel's** online health resource contains news, health tools; information on diseases and conditions, diet and fitness; and even podcasts.

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