



Resources List

Alternatives Links to Health and Physical Education
Passport to Health
Teacher Development Workshop Series
February 6th 2014

Ontario Curriculum:

Ministry of Education. (2010). *The Ontario Curriculum Grades 1-8; Health and Physical Education*. Queen's Printer for Ontario, Ontario.

PHE Canada:

Programs- Physical Literacy. (2014). Retrieved February 4, 2014, from PHE Canada Physical & Health Education Canada website: <http://www.phecanada.ca/programs/physical-literacy/what-physical-literacy>

Live Strong Website: information about swimming and its benefits along with interesting articles regarding physical education and health.

<http://www.livestrong.com/article/209131-benefits-of-swimming-for-children-with-learning-difficulties/>

Discovery Health: age well activities

<http://health.howstuffworks.com/wellness/aging/retirement/10-health-benefits-of-swimming11111.htm>