

Renfrew County and District Health Unit

Elementary School Health and Physical Education Teaching Resources

HUMAN DEVELOPMENT AND SEXUAL HEALTH

Just Wash 'Em V	(Gr. JK-2)
Healthy Habits for Healthy Happy Kids TR	(Gr. JK-2)
See How You Grow B	(Gr. JK-3)
GloGerm DVD, B, TR	(Gr. JK-8)
Growing Up TR	(Gr. 5-6)
Always Changing TR, DVD	(Gr. 5-6)
Everybody is a Somebody TR	(Gr. 6-8)
Abstinence: Choosing to Wait V	(Gr. 7-8)
Vibrant Faces TR	(Gr. 7-8)
AIDS: One Teenager's Story V	(Gr. 7-8)
It's Cool to Know (STI) TR	(Gr. 7-8)
Risky Stuff V	(Gr. 7-8)
Sex: Everyone's Doing IT – Not! V	(Gr. 7-8)
Sexually Transmitted Diseases V	(Gr. 7-8)
Sexually Transmitted Infections V	(Gr. 7-8)
Teens Talk About Alcohol, Sex and Violence V	(Gr. 8)
The Truth About Sex V	(Gr. 8)

SUBSTANCE USE, ADDICTIONS AND RELATED BEHAVIOURS

Take Action TR	(Gr. JK-3)
Lungs Are For Life TR	(Gr. JK-8)
Play Live Be Tobacco-Free: After School Kit TR NEW	(Gr. JK-8)
What Is A Drug? DVD NEW	(Gr. 1-5)
Is That Good For Me? DVD NEW	(Gr. 1-5)
Secondhand Smoke: Just Say Know V	(Gr. 3-6)
What About Tobacco? V	(Gr. 4-5)
The Trouble With Tobacco V	(Gr. 4-5)
Science, Tobacco and You TR	(Gr. 4-6)
Dr. Crazy DVD	(Gr. 4-6)
Health in Perspective TR	(Gr. 6-8)
Take 4 – Critic's Choice V	(Gr. 6-8)
Smoking: The Toxic Truth V	(Gr. 6-8)
Barb Tarbox: A Life Cut Short by Tobacco V	(Gr. 7-8)
Heather Crowe's Legacy DVD	(Gr. 7-8)
Stupid.ca DVD	(Gr. 7-8)
Gruen Von Behrens: Oral Cancer Survivor DVD NEW	(Gr. 7-8)
Gruen Von Behrens: Tobacco From My View DVD NEW	(Gr. 7-8)

PERSONAL SAFETY & INJURY PREVENTION

Sun, Safe Play, Everyday! V	(Gr. JK-2)
Bike Safe – Walk Smart DVD	(Gr. JK-7)
Growing Up Resilient TR	(Gr. JK-8)
Road Safety Resource: www.ontarioroadsafety.ca	(Gr. JK-8)
What is Medicine? DVD NEW	(Gr. 1-5)
Don't Use Your Brains for Brakes V	(Gr. 1-6)
Mindmasters TR	(Gr. 1-8)
Making Good Choices: Keys to Good Decisions DVD NEW	(Gr. 5-9)
Myths vs. Reality DVD NEW	(Gr. 7-8)
Dating and Relationships DVD NEW	(Gr. 7-8)
The Dangers of Sexting DVD NEW	(Gr. 7-8)
I Was Cyberbullied DVD, TR	(Gr. 7-8)

DENTAL HEALTH

Visiting the Dentist Teaching Kit TR	(Gr. JK-3)
Tooth Wiz V	(Gr. 1-3)
2 for 2 is What You Do! V	(Gr. 1-3)
Freddy Flossisaurus TR	(Gr. JK -3)
Teacher's Reference Manual of Dental Information TR	(Gr. 1-8)
Keeping Your Teeth Safe & Healthy Through Injury Prevention and Personal Oral Hygiene B	(Gr. 4-6)
Understanding the Influence of Advertisements and Food Labels on your Oral Health B	(Gr. 4-6)

HEALTHY EATING

Eating Well With Canada's Food Guide: A Resource for Educators and Communicators TR	(Gr. JK-8)
Canada's Food Guide Cling Board	(Gr. 3-4)
Nutrition Labelling V (five part series)	(Gr. 5-8)
The Weight of the World DVD	(Gr. 4-8)
Supersize Me: An Educational Tool of Epic Portions DVD	(Gr. 6-8)

PHYSICAL ACTIVITY

Movement Activities for Early Childhood B	(Gr. JK-SK)
Sport Fun TR	(Gr. JK-SK)
Ophea Early Learning Resource TR NEW	(Gr. JK-SK)
Workout With Ticker V, CD	(Gr. JK-1)
Sport Play TR	(Gr. JK-2)
Jigga Jump TR, CD	(Gr. JK-3)
At My Best K NEW	(Gr. JK-3)
Ophea 50 Yoga Alphabet Cards TR NEW	(Gr. JK-3)
Adapt, Adopt and Improve: Theme Games for K-6 B	(Gr. JK-6)
Intramurals in the Elementary School B	(Gr. JK-6)
ACTIV8 TR	(Gr. JK-8)
Exercise in Disguise 1 & 2 TR	(Gr. JK-8)
Everybody Move TR, CD, DVD	(Gr. JK-8)
Ophea DPA Kits NEW	(Gr. JK-8)
Hands Up for Healthy and Physical Literacy DVD NEW	(Gr. JK-8)
Ophea 50 Fitness Activity Cards TR NEW	(Gr. JK-8)
50 Games with 50 Tennis Balls B	(Gr. JK-8)
Winter Play TR	(Gr. JK-8)
Everything but the Kitchen Sink: Well Maybe B	(Gr. JK-8)
101 Games to Play in a New Way B	(Gr. JK-8)
Active Playgrounds B	(Gr. JK-8)
Another Games Book B	(Gr. JK-8)
Awesome Asphalt Activities B	(Gr. JK-8)
Bang For Your Buck B	(Gr. JK-8)
Best New Games B	(Gr. JK-8)
Dances Even I Would Do B	(Gr. JK-8)
Great Gator Games B	(Gr. JK-8)
Great Ideas - Games and Activities for Youth by Youth B	(Gr. JK-8)
Mass Appeal – Activities for Groups of 50 or More B	(Gr. JK-8)
Not Just Another Games Book B	(Gr. JK-8)
Oodles of Noodles B	(Gr. JK-8)
Physical Activity Ideas for Action B	(Gr. JK-8)
Playday! The Manual B	(Gr. JK-8)
Schlockey – An Innovative Recess Game B	(Gr. JK-8)
Snow Fun! B	(Gr. JK-8)
Treasury of Moga Madness B	(Gr. JK-8)
Walking Games and Activities B	(Gr. JK-8)
Why Paper Scissors Rock B	(Gr. JK-8)
You're It – Tag, Tag and More Tag B	(Gr. JK-8)
Zany Activities with a Rubber Chicken B	(Gr. JK-8)
Instructional Dance DVD DVD NEW	(Gr. JK-8)
Sports Skill Basic TR	(Gr. 3-5)
Getting There is Half the Fun TR	(Gr. 4-5)
Everyone Jump – Kids changing Diabetes TR	(Gr. 1-6)
Junior High School Intramurals B	(Gr. 7-8)

B = Book

K = Kit

V = VHS Video

CD = Compact Disc

TR = Teaching Resource

DVD = Digital Video Disc

To borrow these resources or for assistance with the Health and Physical Education Curriculum or other school health inquiries please contact your Health Unit School Contact or call 613-732-3629.



Renfrew County and District Health Unit New Teaching Resources

At My Best (Gr. JK – 3) Kit

At My Best® is a comprehensive, curriculum-supported toolkit designed to help promote and develop children's overall wellness. This unique resource combines physical activity, healthy eating and emotional well-being to support healthy, happy children on their way to a healthy and happy future. This resource was developed by PHE Canada by a team of educators, health professionals and experts in child development.

What Is A Drug? (Gr. 1 – 5) DVD

This DVD introduces the term drug and specifically relates it to alcohol and tobacco. The harmful effects of these substances are carefully described in age-appropriate graphic segments and live-action scenarios. Viewers are asked to share ideas about other dangerous drugs and why it's important to avoid them. Each scene also emphasizes the benefits of a healthy, drug free lifestyle.

Is That Good For Me? (Gr. 1 – 5) DVD

In this DVD, viewers learn how choices such as what to eat and when to go to bed can affect our minds and bodies, either positively or negatively. After Wendy and Wise Owl illustrate the benefits of healthy decisions, viewers are asked to consider a scene where alcohol is present. This introduces the concept of dangerous substances like alcohol and tobacco. The positive effects of healthy decisions are also related to social skills and friendship.

Making Good Choices: Keys to Good Decisions (Gr. 5 – 8) DVD

This DVD introduces students to the four hallmarks of good decision-making; does it agree with what I know inside is right, what might happen as a result, might it hurt future goals, and will it hurt me or another person.

Myths vs. Reality (Gr. 7 – 8) DVD

Teens as well as adults harbour misinformation regarding personal safety. What a teen doesn't know about abuse, sexual violence and abductions can have dire consequences. In this program, teens will learn:

- Dangerous times and situations and how to avoid them,
- The case against cooperation,
- Five ways in which boys and girls have different risks,
- Ten abuse and abduction prevention tips
- What to do if something 'bad' happens.

The Dangers of Sexting: What Teens Need to Know (Gr. 7 – 8) DVD

This DVD features teen's real stories and a law enforcement officer explains the legal consequences of sexting. Using a peer-to-peer approach, teens talk about the importance of resisting pressures to engage in sexting. They emphasize that you can't assume that anything you send or post is going to remain private; that you can't change your mind once it's out in cyberspace and there are potential consequences.