

RESOURCES

Physical Education

Websites	
Active for Life	https://activeforlife.com
Jenn Foley	https://www.liveitup4life.com
Physical and Health Education (PHE) Canada	http://www.phecanada.ca
Saskatchewan Physical Education Association (SPEA)	https://www.speaonline.ca
PE Central	http://www.pecentral.org
Teaching Games for Understanding (TGfU)	http://www.playsport.net
Growing Young Movers	http://growingyoungmovers.com
Society of Health & Physical Educators (SHAPE) America	https://www.shapeamerica.org
Thompson Publishing H & PE Resources	http://thompsonbooks.com/kto12/hpe/
Huddle Connect Webinars	http://thompsonbooks.com/kto12/h/huddle/huddle-connect-webinars/
ParticipACTION Canadian Report Card	https://www.participaction.com/en-ca/thought-leadership/report-card/2016
Let's Get Moving: A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada	https://www.canada.ca/en/public-health/services/publications/healthy-living/lets-get-moving.html
Canadian Women & Sport (formerly CAAWS)	http://womenandsport.ca/
SPARK	https://sparkpe.org/physical-education/lesson-plans/
Ontario Physical Education Association (OPHEA)	https://www.ophea.net/
Health & Physical Education Council (HPEC; Alberta)	http://www.hpec.ab.ca/
Sun West School Division Physical Education Resource Bank	https://resourcebank.ca/browse?batch_start=20&f.general_subject=physical-education
Physical Literacy in Saskatchewan	https://saskphyslit.ca/
Books	
Capel, S., & Whitehead, M. (2013). <i>Debates in physical education</i> . Routledge.	
James, C.E. (2005). <i>Race in play: Understanding the socio-cultural worlds of student athletes</i> . Toronto, Canada: Canadian Scholars' Press Inc.	
Ratey, J.J., & Hagerman, E. (2013). <i>Spark: The revolutionary new science of exercise and the brain</i> . Little, Brown and Company.	
Whitehead, M. (2010). <i>Physical literacy: Throughout the lifecourse</i> . London, U.K.: Routledge.	
Documentaries	
Bonhôte, I., & Ettetdgui, P. (Directors). (2020). <i>Rising Phoenix</i> [Film]. HTYT Films. *Distributed by Netflix	

Health Education

Websites	
Canada's Food Guide (2019)	https://food-guide.canada.ca/en/
Saskatchewan Health Educators Association (SHEA)	http://www.sheaonline.ca
Saskatchewan Prevention Institute	http://skprevention.ca
Teach with Movies	http://www.teachwithmovies.org/health-subject-list.htm
Teen Mental Health	http://teenmentalhealth.org
Love is Respect	http://www.loveisrespect.org
Canadian Mental Health Association	https://sk.cmha.ca
Foundry BC	https://foundrybc.ca
Understand Us	http://understandus.ca
Healthy Relationships	http://westernhealth.nl.ca/uploads/Addictions%20Prevention%20and%20Mental%20Health%20Promotion/Healthy%20Relationships%20Resource%20Kit%20-%20Western.pdf
Parents as Educators (Talking with your children about sexual health)	https://skprevention.ca/sexual-health/parents-as-educators/
Canadian Guidelines for Sexual Health	http://sieccan.org/sexual-health-education/
Options for Sexual Health	https://www.optionsforsexualhealth.org/
Teaching Sexual Health	https://teachingsexualhealth.ca/
Sex and U	https://www.sexandu.ca/
Action Canada for Sexual Health and Rights	https://www.actioncanadashr.org/
Teen Health Source	http://teenhealthsource.com/
Scarleteen	https://www.scarleteen.com/
Books (Mental Health)	
Cahalan, S. (2012). <i>Brain on fire: My month of madness</i> . New York, NY: Simon & Schuster.	
Fagan, K. (2017). <i>What made Maddy run: The secret struggles and tragic death of an all-American teen</i> . Little, Brown and Company.	
Paperny, A.M. (2019). <i>Hello I want to die please fix me: Depression in the first person</i> . Random House Canada.	

Special Reports (Mental Health)

Saskatchewan Advocate for Children and Youth. (2017). *Shhh... LISTEN!! We have something to say! Youth voices from the north. A special report on the youth suicide crisis in northern Saskatchewan.* Retrieved from http://saskadvocate.ca/sites/default/files/u11/listen_we_have_something_to_say_nov_2017.pdf

General Teaching Resources**Websites**

Teaching Tolerance

Medicine Wheel Booklet

Responding to Tragedy: Resources for Educators & Parents

Free Award Certificate Templates

Wheel Decide

Truth and Reconciliation Commission of Canada: Calls to Action

Their Voices Will Guide Us (Student & Youth Engagement Guide; Education Initiative of the National Inquiry into Missing and Murdered Indigenous Women & Girls).

<https://www.tolerance.org>

<https://www.uregina.ca/science/biology/people/faculty-research/gendron-fidji/documents-fidj/Medicine-Wheel-Booklet.pdf>

<https://www.edutopia.org/blog/tragedy-grief-resources-education>

http://www.educationworld.com/tools_and_templates/award-certificate-templates

<https://wheeldecide.com/>

http://trc.ca/assets/pdf/Calls_to_Action_English2.pdf

<https://www.mmiwg-ffada.ca/wp-content/uploads/2018/11/NIMMIWG-THEIR-VOICES-WILL-GUIDE-US.pdf>

Books

Alexander, M. (2010). *The new Jim Crow: Mass incarceration in the age of colorblindness.* New York, NY: The New Press

Doidge, N. (2007). *The brain that changes itself: Stories of personal triumph from the frontiers of brain science.* Penguin Books.

Doidge, N. (2015). *The brain's way of healing: Remarkable discoveries and recoveries from the frontiers of neuroplasticity.* New York, NY: Penguin Books.

Goulet, L.M., & Goulet, K.N. (2014). *Teaching each other: Nehinuw concepts and Indigenous pedagogies.* UBC Press.

Montel, A. (2019). *Wordslut: A feminist guide to taking back the English language.* Harper Wave.

Ngozi Adichie, C. (2014). *We should all be feminists.* New York, NY: Anchor Books.

Talaga, T. (2017). *Seven fallen feathers: Racism, death, and hard truths in a northern city.* House of Anansi Press.

Tatum, B.D. (2017). *Why are all the black kids sitting together in the cafeteria? And other conversations about race.* (2nd ed.). Basic Books.
 Vowel, C. (2016). *Indigenous Writes. A guide to First Nations, Métis, & Inuit Issues in Canada.* Winnipeg, MB: Highwater Press.

Apps
 Equity Maps <https://equitymaps.com/>

Outdoor Education

<i>Websites</i>	
Sask Outdoors	http://saskoutdoors.org/
Leave No Trace Canada (Outdoor Ethics)	http://www.leavenotrace.ca/home
Nature Saskatchewan	https://www.naturesask.ca/
<i>Books</i>	
Loeffler, TA. (2008). <i>More than a mountain: One woman's Everest.</i> St. John's, NL: Creative Publishers.	
Louv, R. (2008). <i>Last child in the woods: Saving our children from nature-deficit disorder.</i> Algonquin Books.	
<i>Apps</i>	
iNaturalist	