



Renfrew County and District Health Unit

Health and Physical Education Teaching Resources

HUMAN DEVELOPMENT AND SEXUAL HEALTH

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. 5-8)
Everybody is a Somebody TR	(Gr. 6-8)

SUBSTANCE USE, ADDICTIONS AND RELATED BEHAVIOURS

Take Action TR	(Gr. JK-3)
Play Live Be Tobacco-Free: After School Kit TR	(Gr. JK-8)
Lungs Are For Life TR	(Gr. JK-10)
What Is A Drug? DVD	(Gr. 1-5)
Is That Good For Me? DVD	(Gr. 1-5)
Science, Tobacco and You TR	(Gr. 4-6)
Dr. Crazy DVD	(Gr. 4-6)
Health in Perspective TR	(Gr. 6-8)
Heather Crowe's Legacy DVD	(Gr. 7-12)
Stupid.ca DVD	(Gr. 7-12)
Gruen Von Behrens: Oral Cancer Survivor DVD	(Gr. 7-12)
Gruen Von Behrens: Tobacco From My View DVD	(Gr. 7-12)
The Power of Many TR	(Gr. 9-11)
Health in Perspective TR	(Gr. 9-12)
Take Action in Secondary Schools TR	(Gr. 9-12)
Straight Talk: The Truth about Alcohol and Sex DVD	(Gr. 9-12)
Play Live Be Tobacco-Free After School Kit TR	(Gr. 9-12)

PERSONAL SAFETY & INJURY PREVENTION

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	(Gr. 1-5)
Mindmasters TR	(Gr. 1-8)
Making Good Choices: Keys to Good Decisions DVD	(Gr. 5-9)
Myths vs. Reality DVD	(Gr. 7-12)
Dating and Relationships DVD	(Gr. 7-12)
The Dangers of Sexting DVD	(Gr. 7-10)
I Was Cyberbullied DVD, TR	(Gr. 7-12)
I Drive DVD	(Gr. 11-12)
Not Ready to Go V, DVD	(Gr. 11-12)

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-12)
Canada's Food Guide Cling Board TR	(Gr. 3-4)
Nutrition Labelling V (five part series)	(Gr. 5-12)
The Weight of the World DVD	(Gr. 4-10)

PHYSICAL ACTIVITY

Movement Activities for Early Childhood B	(Gr. JK-SK)
Sport Fun TR	(Gr. JK-SK)
Ophea Early Learning Resource TR	(Gr. JK-SK)
Workout With Ticker CD	(Gr. JK-1)
Sport Play TR	(Gr. JK-2)
Jigga Jump TR, CD	(Gr. JK-3)
At My Best K	(Gr. JK-3)
Ophea 50 Yoga Alphabet Cards TR	(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	(Gr. JK-8)
Hands Up for Healthy and Physical Literacy DVD	(Gr. JK-8)
Ophea 50 Fitness Activity Cards TR	(Gr. JK-8)
PAN AM/PARAPAN AM Kids Activity Day Kit	(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)
50 Games with 50 Tennis Balls B	(Gr. JK-12)
Winter Play TR	(Gr. JK-12)
Everything but the Kitchen Sink: Well Maybe B	(Gr. JK-12)
101 Games to Play in a New Way B	(Gr. JK-12)
Active Playgrounds B	(Gr. JK-12)
Another Games Book B	(Gr. JK-12)
Awesome Asphalt Activities B	(Gr. JK-12)
Bang For Your Buck B	(Gr. JK-12)
Best New Games B	(Gr. JK-12)
Dances Even I Would Do B	(Gr. JK-12)
Great Gator Games B	(Gr. JK-12)
Great Ideas - Games and Activities for Youth by Youth B	(Gr. JK-12)
Mass Appeal – Activities for Groups of 50 or More B	(Gr. JK-12)
Not Just Another Games Book B	(Gr. JK-12)
Oodles of Noodles B	(Gr. JK-12)
Physical Activity Ideas for Action B	(Gr. JK-12)
Playday! The Manual B	(Gr. JK-12)
Schlockey – An Innovative Recess Game B	(Gr. JK-12)
Snow Fun! B	(Gr. JK-12)
Treasury of Moga Madness B	(Gr. JK-12)
Walking Games and Activities B	(Gr. JK-12)
Why Paper Scissors Rock B	(Gr. JK-12)
You're It – Tag, Tag and More Tag B	(Gr. JK-12)
Zany Activities with a Rubber Chicken B	(Gr. JK-12)
Instructional Dance DVD	(Gr. JK-12)

B = Book **CD = Compact Disc**
K = Kit **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.