

# **Physical Education Resource Document**

#### **Dance Education**

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https://www.pecentral.org/lessonideas/dance/danceindex.asp

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# **Health and Physical Education**

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https://www.thepespecialist.com/home/



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https://www.etr.org/healthsmart/lesson-planning-tool/?gclid=EAlalQobChMlz9jBurzAglVUffjBx2VZwBCEAAYBCAAEgKq8PD\_BwE

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https://blog.gophersport.com/yoga-in-physical-education/

https://openphysed.org/curriculum\_resources/yoga-mindfulness

https://www.waterford.org/resources/mindfulnes-activities-for-kids/

https://www.panoramaed.com/blog/mindfulness-for-educators

https://www.amle.org/ten-mindfulness-strategies-for-educators/

https://www.brilliantmindfulness.com/resources-for-teachers/

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### **Mindfulness**

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### **Physical Education**

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https://blog.schoolspecialty.com/opportunities-for-social-emotional-learning-in-physical-education/

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https://www.nj.gov/education/educators/

https://www.nj.gov/education/safety/wellness/mh/index.shtml

# **Professional Growth and Development**

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https://www.nea.org/professional-excellence/professional-learning/teachers

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### **Other**

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www.nahpl.org





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