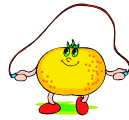


# Physical Activity Activity Books



## **Animal Action ABC**

Karen Pandell, Handprint Books, Board edition 2003

This book combines lessons on the ABCs, animals, and gross motor skills. The large format pairs brilliant nature photographs with photo silhouettes of children mimicking the animals' movements. A short glossary of each animal's habitat and behavior is included.

## **The Animal Boogie**

Debbie Harter, Barefoot Books, 2000

Filled with brilliant tropical colors, this picture book combines poetry, song, and dance into a dazzling and fun-packed guessing game. Come to the jungle and join the monkey, the leopard, the elephant, and several other creatures as they move in their own particular ways. The rhythm of the text encourages children to boogie-woogie right along.

## **Bearobics: A Hip-Hop Counting Story**

Vic Parker, Puffin, Reprint edition 1999

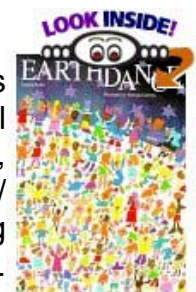
When one shaggy bear turns on the music, it's time for Bearobics. First come two kangaroos, bouncing to the beat. Then three giggling gorillas get into the groove. Before you know it, the whole jungle is jumping! Part counting book, part dance-a-thon, this lively story is sure to have readers tapping their feet.



## **Earthdance**

Joanne Ryder, Henry Holt & Company, Inc, Reprint edition 1999

The author's lyrical text invites young listeners to transform themselves into Earth and experience all its wonders. She describes natural formations, flora and fauna, and humankind and its creations, encouraging children to "Dance slowly, / spin gently / and carry them / through space." This book may serve as a catalyst for children creating their own poetry, or as a springboard for creative dramatics.



## **Eyes, Nose, Fingers, and Toes**

Judy Hindley, Candlewick Press, 1999

There are millions of ways to use a body. This playful celebration of legs, bellies, noses and necks is for those learning about body parts. A parade of multi-ethnic toddlers delights in winking eyes, stretching backs, and hugging arms.

## Follow Me Too: A Handbook of Movement Activities for Three- to Five-Year-Olds

Lynne B. Schneider, and Marianne Torbert, Pearson Learning, 1992

Features 49, active movement games that provide positive play experiences for young children. The games encourage cooperative learning and teamwork, and have been proven to increase reading readiness, social skills, and mental flexibility.



## Frog Legs: A Picture Book of Action Verse

George Shannon, Greenwillow, 2000

This book is a celebration of play and movement through language and art. It encourages even couch potatoes to tap their feet and dance around. There are twenty-four humorous poems hop, prance, and even can-can across the pages. Multicolored frogs with happy grins and lithesome forms quiver, shake, quaver, hop and flop.

## From Head to Toe Board Book

Eric Carle, HarperCollins Juvenile Books, 1999

Animals and multiethnic children illustrate various body movements on large, double-page spreads. A giraffe bends its neck; a monkey waves its arms, etc. The repetitive text has the animal stating the movement and asking, "Can you do it?" Each child responds, "I can do it!" The book is an invitation to get everyone moving.



## Hear Your Heart

Paul Showers, HarperTrophy, 2001

Part of the Let's-Read-and-Find-Out series, this book is good introduction on how the heart works. Three simple activities (measuring heart rate, exercising the heart, and making a stethoscope) are easy but effective ways to augment the text. The illustrations of the structure of the heart are well done, resulting in a good overview for beginning readers.

## Hop Jump

Ellen S. Walsh, Voyager Books, Reprint edition 1996

Through a series of dynamic double-page spreads, the book will have kids hopping, jumping, and dancing. As an extension activity, children can use wallpaper samples or wrapping paper to write and illustrate their own version of this story. It is available in a Spanish-language edition.

## How Can You Dance?

Rick Walton, Ana Lopez-Escriva, Putnam Pub Group, 2001

This book combines playful illustrations with rhymes that hop, skip, and jump. The text features short verses about different situations or emotions and the dances that could go along with them: "How can you dance when/one foot's sore? Dance with the other foot/touching the floor." They are followed by instructional verses in red: "Dance on the other foot./Spin on the other foot./Hop on the other foot./Dance, spin, hop!"

## I Can Move

Mandy Suhr, First Avenue Editions, Reprint edition 1992

This is a series of books for preschoolers that explain young readers about how their bodies work and grow. I Can Move! Provides ideas and activities to learn about how our bones and muscles help our body move.



## Jump Like A Frog!

Kate Burns, Sterling Publications, 1999

This book has orangutans, flamingos, frogs, seals, and penguins swing, hop, and cavort through these pages. Exhortations to stand on one leg, as a flamingo, swing from a parent's hand, as the orangutan does, make this a book a wonderful opportunity to get children moving in a fun way.

## Rainy Day Recess

Pam Schiller and Mike Artell, Fearon Teacher AIDS, 1996

This is a collection of stories, songs, games and activities for days you can't go outside. All involve safe, vigorous and creative indoor movement. Activities can be mixed and matched or planned thematically – many offer suggestion for follow-ups as well.

## Shake a Leg!

Constance Allen, Random House, 2001

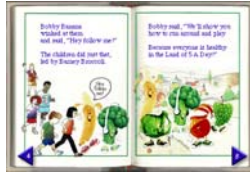


This book encourages movement and exercise, and identifies body parts. Each page has a simple three-word command, such as rub your tummy; touch your ankles, each with great illustrations showing exactly what to do. It uses very simple, easy commands that help reinforce learning of body parts. It makes a good beginning reader book

*"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."*

Hippocrates

## Storybooks



### **The Big Comfy Couch Potato**

Cheryl Wagner, Time Life, 1998

Loonette does not feel like doing anything, but with the help of her doll Molly, Granny, and Major Bedhead, she overcomes her lethargy.

### **Come Out and Play**

Maya Ajmera, Charlesbridge Publishing, 2001

Colorful, vibrant photographs showcase children from more than 35 countries involved in play. The easy-to-read, boldfaced text tells about their leisure activities, play means swinging/and jumping/and running/and climbing. Two pages of endnotes encourage children to reflect on the importance of imagination and friendship.



### **D.W. Rides Again!**

Marc Brown, Little Brown & Co, 1996

Arthur's little sister D.W. has gotten a two-wheeler and thinks she's ready for the Tour-de-France. However, training wheels are in order at least until she learns where the brakes are. Arthur takes her out and teaches her the basics plus some safety rules, and soon the training wheels are ready to come off.

### **Dinosaurs Alive and Well: A Guide to Good Health**

Laurie K. Brown and Marc Brown, Little Brown & Co, 1992

Simple text and lively illustrations offer good advice for kids on exercising their bodies and minds, good nutrition, first-aid, relationships with friends and family, what to do when sick, and even a special section on ways to deal with worries and stress.

### **Exercise**

Sharon Gordon, Children's Press, 2002

What kinds of exercise do you like? Why is exercise important? Find this and more out in this easy-to-read Rookie Read-About Health series book.

## Froggy Learns to Swim

Jonathan London, Puffin, Reprint edition 1997

This book is about a frog learning to swim. His patient mother assures him that all frogs are great swimmers. He puts on his flippers, mask, and snorkel. Vivid watercolor cartoons add to the humor, showing the comical facial expressions and hilarious beachwear. Froggy's childlike dialogue and the sound words "flop, flop...splash!" make this story a wonderful read-aloud and great for promoting discussion about overcoming fear to swim.

## Get Moving: Tips on Exercise

Kathy Feeney, Bridgestone Books, 2001

From the Your Health series, this book explains why exercise and good nutrition are important for children. Illustrated with full-color photographs of children, it provides an Activity Pyramid and a "Guess What?" feature gives additional tidbits of information.



## A Healthy Body

Angela Royston, Heinemann Library, 1999

This book describes the role played by exercise in maintaining strong muscles, lungs, and heart. Simple explanations are illustrated with full-color photographs of children engaged in a variety of physical activities. The brightly colored, uncluttered photographs feature multiethnic subjects.

## I'm Growing!



Aliki, HarperTrophy; Reprint edition 2001

A young boy who has outgrown his cloth is explained the human growth process. The discussion includes topics such as bones, muscles, teeth, plus internal organs. Growth rates and dwarfism are touched on, along with mention of the role of energy and food in the process.

## A Kaleidoscope of Kids

Emma Damon, Dial Books for Young Readers, 1995

Kids come in all shapes and sizes, skin colors, hairstyles and abilities, but every one is special. This appealing lift-the-flap book captures the similarities and celebrates their differences. Most effective when used one-on-one with young children but it could, also, be used as a springboard or creating their own books.



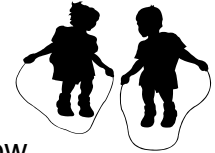
## Keeping Up with Grandma

John Winch, Holiday House, 2000

Cooking and painting keep Grandma and Grandpa busy at home, but Grandma thinks they need some outdoors adventures and initiates mountain climbing, white-water canoeing, even hot-air ballooning. Children will enjoy the variety--from sweeping landscapes and expressive close-ups of faces to pictures of familiar objects.

## Let's Jump Rope

Sarah Hughes, Children's Press, 2000



One of the Welcome Books series, this book introduces Christina and how she likes to jump rope alone or with friends. It contains simple sentences and colorful action photographs,

## Let's Play Hopscotch

Sarah Hughes, Children's Press, 2000

Rosa shows how to play hopscotch in the park, how to use chalk to draw the lines, explains that stones or sticks can be used as markers, and plays with her friends Mary and John. It contains simple sentences and colorful action photographs showing the players moving through the hopscotch squares.

## The Magic School Bus Inside the Human Body

Joanna Cole; Scholastic Trade, Reprint edition 1990

The Magic School Bus is carrying Ms. Frizzle and the entire class on a field trip. The bus shrinks and is accidentally eaten by Arnold. As the bus and journeys through Arnold's body it provides a first-hand look at major parts of the body and how they work.

## My Hands

Aliki, Harpercollins Juvenile Books; Revised edition 2000

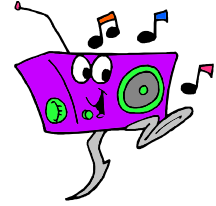
Clapping, waving, pushing, pulling, scratching, digging, tickling--how many ways do you use your hands every day? Children from different ethnic backgrounds and disabilities performed activities such as drawing, clapping, and talking in sign language. Mention is made in this edition about left-handedness and the difference between children and adults' hands.



## My Feet

Aliki, Harpercollins Juvenile Books, Reprint edition 2001

Aliki's colorful, multiethnic illustrations help present the subject of feet in a clear, concise manner. Children are shown running, jumping, and hopping in bare feet and in all sorts of footwear. The text covers anatomy of the foot, footprints, being ticklish, and even activities to try with the feet (like drawing).



## Staying Healthy: Let's Exercise!

Alice B. McGinty, Powerkids Publisher, 1998

One of the titles from The Library of Healthy Living, this book provides information on physical fitness, being outside and being active, using lively text and colorful photographs of children engaging in various activities. It also offers information about bones, muscles and heart, suggests activities that emphasize quality time with family and friends, and contains a glossary.

## Tiffany Dino Works Out

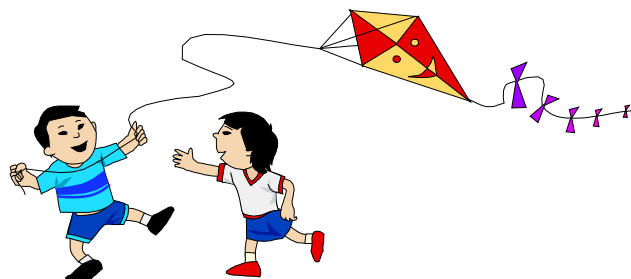
Marjorie Weinman Sharmat, Simon & Schuster, 1995

The author presents the sensitive issue of weight control in an upbeat, positive manner. Tiffany Dino's decides that a diet and exercise regimen is in order when she can barely squeeze herself through her own front door.

## Your Body: From Head to Toe

Nuria Bosch Roca, Barrons Juveniles, 2000

This book presents the human body in a way that will make sense to children, from the beginning of life inside their mom's belly to the development of body parts. They discover their legs and arms; learn about their eyes for seeing light and color; their tongue for tasting the food they eat, their nose for smelling, and their skin and its sense of touch. Finally, they discover how the food they eat first goes to their stomachs, and then nourishes their entire body. Also available in a Spanish edition, titled "Tu Cuerpo, de la Cabeza a los Pies."



## Websites



### California Physical Education Resources

This web provides information on a wide range of physical activity topics, such as the California Physical Education Framework, funding resources and a calendar of events.

<http://www.stan-co.k12.ca.us/calpe/>

### California Walk to School Headquarters

California Walk to School Day Headquarters staff post resource materials on a website for easy access, and provide additional assistance by both individual and group teleconferences. Local organizers learn the importance of local partnerships from business to government sectors, tapping financial resources, and how to enlist the support of media and local officials.

<http://www.cawalktoschool.com/>

### Games Kids Play

This site was put together by a man named Geof Nieboer, who has compiled an extraordinary list of, for example, 26 ball games, 36 chasing games, and 40 jump-rope rhymes, including a Filipino jump rope game called "Tinikling."

<http://www.gameskidsplay.net/>



### National Association for Sport and Physical Education (NASPE)

NASPE is a nonprofit professional organization comprised of individuals engaged in the study of human movement and the delivery of sport and physical activity programs. This resourceful website provides information on programs and events, professional development, advocacy and policy issues and a list of publications.

<http://www.aahperd.org/naspe/template.cfm>

### National Program for Playground Safety (NPPS)

NPPS serves as a public resource for the latest in information on playground safety and injury prevention. It serves as a technical resource for parent groups, schools, communities, child care centers, government officials, children's organizations and other educators, conducts ongoing research in the area of injury prevention.

<http://www.uni.edu/playground/home.html>

### PE Central-Preschool Physical Education

Provides the latest information about developmentally appropriate physical education programs for children and youth including research articles, resources and books for early childhood movement.

<http://www.pecentral.org/preschool/preschoolindex.html>