

NEW!! Physical Education and Nutrition Programs

P.E. Activity Packets (on CD)

The Elementary P.E. Activity Program consists of 42 lessons for use with K–6 physical education classes when the regular P.E. teacher is absent. These well-organized activity packets are an excellent resource for the substitute P.E. teacher. Lessons or activities are organized by simplicity so even new and inexperienced subs can teach meaningful P.E. lessons. Regular P.E. staff may also enjoy choosing lessons that add to the depth and breadth of their existing physical education curriculum. Each activity includes information on the equipment required, how to play, and variations of play—complete lessons ready for implementation.

Cat.# 249

Price \$45.00



View samples of these new programs at:
www.advantagepress.com

The Healthy Food of the Week Program (on CD)

Healthy Food of the Week (HFOW) is a nutrition program designed by Blue Ribbon Award Winning P.E. teachers. It has been tried and tested in a number of diverse school settings. It encourages students, parents and the school community to make healthy food choices a part of their daily routine. Each week a specific healthy food item is featured by the classroom teacher. Students learn the short- and long-term benefits of healthy eating. Research has shown that students who eat right behave better and achieve more.

HFOW Program highlights:

- 36 “featured” food items— one each week of the school year
- Worksheets to go home with each student
- Signs designed to highlight the featured food
- Nutrition lesson plans
- Nutrition activities
- Sample letters to parents
- Resources and research on each food item
- Just minutes per day can influence a lifetime
- Completely modifiable. Can be turned into a 4-week program, 9-week program or 18-week program based upon teacher/student needs.

Cat.# 250

Price \$60.00



