

**Richmond Public Schools**  
**Department of Curriculum and Instruction**  
**Curriculum Pacing And Resource Guide**



**Course Title/ Course #: Physical Education/Third Grade**  
**Start day:1**  
**Meetings:180 days**

**Course Description**

Physical Education for third grade will focus on motor skills, anatomic movement, fitness planning, social development, and energy balance. Standards are outlined in the Virginia Standards of Learning in which students refine, vary, and combine skills in complex situations and demonstrate more proficient movement patterns in games and dance.

**Pacing Resources Assessments MP1**

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
4 weeks	3.1a 3.2 a, e 3.3 c	Manipulative skills (throw and catch, pass to stationary and moving partner) Spatial awareness	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
4 weeks	3.1b 3.3 c	Self turn ropes	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists

			<a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a> <a href="http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp">http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp</a>	
9 weeks	3.2 d 3.5 a, b	Major bones, balance, energy, and nutrition	<a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a> <a href="http://kidshealth.org/kid/stay_healthy/">http://kidshealth.org/kid/stay_healthy/</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp">http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp</a>	Dialogue Tests/quizzes Ticket out of the door
ongoing	3.3 a 3.4 d, e, f	Components of fitness	<a href="https://www.cooperinstitute.org/youth/fitnessgram">https://www.cooperinstitute.org/youth/fitnessgram</a> <a href="http://www.pyfp.org/">http://www.pyfp.org/</a> <a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a> <a href="http://www.sportsbackers.org/">http://www.sportsbackers.org/</a>	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
1 week/ongoing	3.4 a- e	Cooperation, Rules and Guidelines	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways

			<a href="http://kidshealth.org/kid/stay_healthy/">http://kidshealth.org/kid/stay_healthy/</a>	
--	--	--	---	--

**Course Title/ Course #: Physical Education/Third Grade**

**Pacing Resources Assessments MP2**

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
3 weeks	<b>3.1a</b> <b>3.2 a, b</b> <b>3.3 c</b>	Manipulative Skills (throw, catch, hand dribble, and pass to moving partner) Spatial awareness	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<b>3.1c, e</b>	Dancing in various formations	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a>	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists
3weeks	<b>3.2 c</b> <b>3.3 a-d</b>	Cardiorespiratory	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a>	Dialogue Tests/quizzes Ticket out of the door

			<a href="http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp">http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp</a>	
9 weeks	<b>3.2 b, d, e</b> <b>3.5 c-e</b>	Bones, muscles and Macronutrients	<a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a> <a href="http://kidshealth.org/kid/stay_healthy/">http://kidshealth.org/kid/stay_healthy/</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp">http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp</a>	Dialogue Tests/quizzes Ticket out of the door
ongoing	<b>3.3 a</b> <b>3.4 d, e, f</b>	Components of fitness	<a href="https://www.cooperinstitute.org/youth/fitnessgram">https://www.cooperinstitute.org/youth/fitnessgram</a> <a href="http://www.pyfp.org/">http://www.pyfp.org/</a> <a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a> <a href="http://www.sportsbackers.org/">http://www.sportsbackers.org/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
ongoing	<b>3.4 a- e</b>	Cooperation, Rules and Guidelines	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a> <a href="http://kidshealth.org/kid/stay_healthy/">http://kidshealth.org/kid/stay_healthy/</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways

**Course Title/ Course #: Physical Education/Third Grade**

**Pacing Resources Assessments MP3**

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
3 weeks	<b>3.1 a</b> <b>3.2 a, b</b> <b>3.3 c</b>	Manipulative Skills (strike, volley) Spatial awareness	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a> <a href="http://www.thefirsttee.org/Club/Scripts/Home/home.asp">http://www.thefirsttee.org/Club/Scripts/Home/home.asp</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<b>3.1 b</b>	Self turn rope	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a> <a href="http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp">http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<b>3.1d</b> <b>3.3 b</b>	Gymnastics	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists

			<a href="http://www.perocks.com/">http://www.perocks.com/</a>	
9 weeks	<b>3.3 a, b</b> <b>3.5 c</b>	Flexibility, body composition and hydration	<a href="https://www.cooperinstitute.org/youth/fitnessgram">https://www.cooperinstitute.org/youth/fitnessgram</a> <a href="http://www.pyfp.org/">http://www.pyfp.org/</a> <a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a> <a href="http://www.sportsbackers.org/">http://www.sportsbackers.org/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://organwiseguys.com/">http://organwiseguys.com/</a>	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
ongoing	<b>3.3 a</b> <b>3.2 e</b> <b>3.4 d, e, f</b>	Components of fitness	<a href="https://www.cooperinstitute.org/youth/fitnessgram">https://www.cooperinstitute.org/youth/fitnessgram</a> <a href="http://www.pyfp.org/">http://www.pyfp.org/</a> <a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a> <a href="http://www.sportsbackers.org/">http://www.sportsbackers.org/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
ongoing	<b>3.4 a- e</b>	Cooperation, Rules and Guidelines	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a> <a href="http://kidshealth.org/kid/stay_healthy/">http://kidshealth.org/kid/stay_healthy/</a>	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

**Course Title/ Course #: Physical Education/Third Grade**

**Pacing Resources Assessments MP4**

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
3 weeks	<b>3.1 a</b> <b>3.2 a, b</b> <b>3.3 c</b>	Locomotor, non-locomotor and manipulative skills (strike, dribble, pass, trap) in sport activities with force and accuracy	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a> <a href="http://usvolleyfutbol.wix.com/volley">http://usvolleyfutbol.wix.com/volley</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<b>3.3 a</b> <b>3.4 d, e, f</b>	Components of fitness	<a href="https://www.cooperinstitute.org/youth/fitnessgram">https://www.cooperinstitute.org/youth/fitnessgram</a>	Personal Fitness Data



			<a href="http://www.pyfp.org/">http://www.pyfp.org/</a> <a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a> <a href="http://www.sportsbackers.org/">http://www.sportsbackers.org/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>	Fitness Gram Tests Fitness Plans Dialogue Feedback
3 weeks	<b>Review 3.1- 3.5</b>	Skilled movements, principals, concepts, personal fitness, and responsible behaviors	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a>	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Tests/quizzes Dialogue Tests/quizzes Ticket out of the door Thumbs up/down/sideways
ongoing	3.4 a-e	Cooperation, Rules and Guidelines	<a href="http://www.doe.virginia.gov/testing/">http://www.doe.virginia.gov/testing/</a> <a href="http://www.vahperd.org/">http://www.vahperd.org/</a> <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a> <a href="http://star.spsk12.net/specialties/k12%20pe.html">http://star.spsk12.net/specialties/k12%20pe.html</a> <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a> <a href="http://www.mrgym.com/">http://www.mrgym.com/</a> <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a> <a href="http://www.perocks.com/">http://www.perocks.com/</a> <a href="http://www.jmu.edu/kinesiology/hpainstitute/resources.html">http://www.jmu.edu/kinesiology/hpainstitute/resources.html</a> <a href="http://kidshealth.org/kid/stay_healthy/">http://kidshealth.org/kid/stay_healthy/</a>	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways