Check out our links on the webpage that gives information concerning PE (for kids)…

1. Kids.gov – This is a website for children to learn about nutrition.
2. Learntobehealthy.org – This website gives health and nutrition tips for kids.
3. U.S. Masters Swimming – This website gives information on swimming and health.
4. Electric Kid – Gives children the opportunity to ask health related questions online.
5. Fit4Fun – Gives children information on different games that can be played that encourages physical activity.
6. Indian Child – Gives a lists of games that children can learn to play outdoors.
7. Walk Bike to School – Tells about the weeks that are designated to exercising more by walking or biking to school.
8. KidsHealth – This website teaches about dehydration.
9. Kidnetic – Gives kids recipes, tells how to get moving, and what to eat.
10. Runner’s World – This site gives children information on running.