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

1. The Official Spark – This website encourages parent participation in a child’s healthy lifestyle.

2. PE Central – This website gives parents the opportunity to look at lessons and assessments for physical ed classrooms.

3. The exercise and physical fitness program – This gives parents information on aerobic exercise.

4. Electrickids.com/parents – Gives information on how to be active and do fun activities with your child.

5. Food, fun, fitness – Gives parents the opportunity to learn about literature that can help them design healthy lifestyles for children.

6. Medical News – Gives parents information on health issues.

7. NetFit – Gives parents information on different fitness regimes including information on build muscle groups.

8. Athletic quickness – Gives in-depth information on muscles.

9. Family Education – Gives information on sportsmanship.

10. Let’s Move – Teaches parents about exercising and eating healthy.