

Resource Materials List

What Moves U Playbook: A Guide to Staying Fit While You're in School

National Football League and American Heart Association

www.WHATMOVESU.com

ReCharge! – Energizing After-School

Action for Healthy Kids and National Football League

<http://www.actionforhealthykids.org/Recharge/index.php>

Physical Activity and Sport for the Secondary School Student (Chapter 10: Flag Football)

National Association for Sport and Physical Education (NASPE)

<http://www.aahperd.org/bookstore>

2007 & 2008 NIRSA Flag & Touch Football Rules Book & Officials' Manual, 13th Edition

Human Kinetics

www.humankinetics.com

PE Central

www.pecentral.org

Click on "Lessons" and then scroll down and click on "Search Lesson Ideas"

USA Flag Football

www.usaflagfootball.com

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