

[PE Central's LOG IT Program](#)

Log It invites students, teachers, schools, classes, and parents to record their physical activity steps, miles, or kilometers online! Features include a virtual hike across the United States; feedback about daily goals; compare your progress to others; and you can view your weekly and monthly progress. Teachers must register their school and class first and then they can offer it to their students.

[PE Central's Kids Quiz](#)

The Kids Quiz is a daily online quiz which challenges kids under the age of 18 and tests their knowledge about nutrition, fitness, health, physical education, sports, and a host of other topics and trivia. Features include answering a question each day with the chance for both the students and the teacher at the school to win weekly prizes in a drawing. Come register now teachers so your kids can enjoy this fun and educational program.

[Kid's Running Online](#)

The Kid's Running site for kids is an excellent page for kids (and parents/teachers) who are interested in running. Not only can kids see photos, learn about kids running events, answer questions, they can also read stories about running that other kids have contributed. The site is maintained by Carol Goodrow who is a first grade classroom teacher in Connecticut.

[NCAA Basketball Kids Site](#)

The NCAA has launched a new basketball site geared toward middle school students and teachers.

[Junior Links](#)

JuniorLinks.com is a site built for kids, their parents, and the dedicated people who facilitate, coordinate and sponsor programs for junior golf and the future of the game. Check out their cool [Golf Trivia Game](#)! Lots of fun.

[BAM!](#)

Aimed at youth ages 9 - 13, BAM! was created to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. BAM! also provides middle school health and science teachers with interactive activities that are educational and fun.

[Kidnetic](#)

Kidnetic.com is a Web site that communicates healthy eating and active living information in meaningful and relevant ways to kids aged 9-12 and their families. Kidnetic.com is intended to encourage kids and their families to begin the process of behavior change toward healthy lifestyles. Kidnetic.com is the first component of ACTIVATE, a healthy eating and active living initiative. ACTIVATE is committed to promoting healthy family lifestyles to help prevent kids from becoming significantly overweight and to reduce their risk of suffering from obesity-related chronic diseases as adults.

[Exploratorium: Sport Science](#)

Learn how different sports really work from the scientific point of view. Included are baseball, surfing, skateboarding, etc. Lots of really cool stuff located at the [Exploratorium](#) Site. Have fun!

[Powerful Bones, Powerful Girls](#)

This colorful Centers for Disease Control site encourages young girls to take steps to promote skeletal health. The site helps young girls understand the important contribution weight bearing physical activity makes to their health. Facts about bones and the importance of calcium to their development are given. There are interactive activities, such as a skeleton that shows the names of bones when the mouse is rolled over the words.

Quizzes, interactive games, and relevant web sites are given to help girls learn the facts and test their ability to use the information to make informed decisions.

[KidsHealth](#)

This site helps parents, children, and professionals find answers to commonly asked health questions. Topics include the benefits of different types of vitamins, the food pyramid, healthy children's recipes, how to read food labels, and keeping fit. Children can also submit their own questions. Check out the "Childhood Infections" section under "Parents" for information about appendicitis, meningitis, mumps, and more. For a good laugh, be sure to read the entry for that most common of all childhood afflictions, cooties. A great site but be patient this site may take a little longer to download.

[Dole 5 a Day](#)

Based on the popular Dole 5 a Day CD Rom, this Web site, appropriate for elementary age children, uses fruit and vegetable characters to help children learn about the importance of eating at least 5 fruits and vegetables a day.

[Campaign for Tobacco-Free Kids](#)

The National Center for Tobacco-Free Kids has a wonderful web site geared to protect children from tobacco addiction. There are abbreviated articles and current events that deal with smoking issues with the bibliographies included. In the Kid's Corner, there is the opportunity for the children to learn the ABC's of what tobacco use can do to the body. It offers nice graphics and descriptions of the possible complications that can be caused by cigarette smoking. There is also a section of the current CDC Research, Data, and Reports.

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