

- Connecticut State Department of Education <http://www.sde.ct.gov>
- [www.letsmoveinschool.org](http://www.letsmoveinschool.org)
- Madigan, J.B. & Hess, C. (2006). *Action based learning lab manual*. Murphy, Texas. Action Based Learning Lab.
- Dennison, P. & Dennison, G. (1994). *Brain gym: teacher edition revised*. Ventura, CA: Edu-Kinesthetics, Inc.
- Ratey, J. (2008). *Spark: The revolutionary new science of exercise and the brain*. NY: Brown and Company.
- [www.activeacademics.org](http://www.activeacademics.org)
- [www.pecentral.org](http://www.pecentral.org)
- [www.peuniverse.org](http://www.peuniverse.org)
- U.S. Department of Health and Human Services. (2008). *Physical Activity Guidelines for Americans*. Washington, DC: Office of Disease Prevention and Health Promotion. <http://www.health.gov/paguidelines/>
- Jean Mee, EdD-Physical Education & School Health Education Consultant, CSDE
- Phyllis Jones-RSD 10
- Shirley Hughes- Ridgefield Public Schools