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| **Physical Education** |  |
| [P.E. Central](http://www.pecentral.org/) | The goal of the site is “to assist teachers, parents, and others who work with youngsters to guide them in the process of becoming physically active and healthy for a lifetime”. |
| [Exercise Library](http://www.acefitness.org/acefit/exercise-library-main/)  (American Council on Exercise) | This site provides a searchable database of exercise videos |
| [The Fitness Jump Site](http://www.primusweb.com/fitnesspartner/) | An Activity Calorie Calculator and Fitness Library with information about nutrition and weight management are available at this site |