CONTENTS

Acknowledgements  iii

Introduction  1
  Purpose  1
  Background  1
  Contents  3

Overview  1
  Characteristics of Middle Years Learners  1
  Middle Years Philosophy for Effective Programming  2
  Creating a Meaningful Learning Environment  3
  Guidelines for the General Learning Outcomes  4
    Guidelines for GLO 1—Movement  4
    Guidelines for GLO 2—Fitness Management  7
    Guidelines for GLO 3—Safety  9
    Guidelines for GLO 4—Personal and Social Management  12
    Guidelines for GLO 5—Healthy Lifestyle Practices  14
  Planning for PE/HE Programming  16
    Part A: Planning for Implementation  16
    Part B: Planning for Instruction  16
    Part C: Planning for Assessment  27
    Part D: Additional Planning  29

Grades 5 to 8: Suggestions for Instruction and Assessment  1
  Section Organization  3
    Guide to Reading the Four Columns  6
  Grade 5  1
    General Learning Outcome 1—Movement  3
    General Learning Outcome 2—Fitness Management  41
    General Learning Outcome 3—Safety  65
    General Learning Outcome 4—Personal and Social Management  91
    General Learning Outcome 5—Healthy Lifestyle Practices  127
    Blackline Masters  151
  Grade 6  1
    General Learning Outcome 1—Movement  3
    General Learning Outcome 2—Fitness Management  35
    General Learning Outcome 3—Safety  59
    General Learning Outcome 4—Personal and Social Management  83
    General Learning Outcome 5—Healthy Lifestyle Practices  117
    Blackline Masters  139
Grade 7  
   General Learning Outcome 1—Movement   3  
   General Learning Outcome 2—Fitness Management   45  
   General Learning Outcome 3—Safety   69  
   General Learning Outcome 4—Personal and Social Management   95  
   General Learning Outcome 5—Healthy Lifestyle Practices   123  
   Blackline Masters   147  

Grade 8  
   General Learning Outcome 1—Movement   3  
   General Learning Outcome 2—Fitness Management   45  
   General Learning Outcome 3—Safety   69  
   General Learning Outcome 4—Personal and Social Management   91  
   General Learning Outcome 5—Healthy Lifestyle Practices   127  
   Blackline Masters   153  

Appendices  1  
Appendix A: Physical Activity Categories   3  
Appendix B: Suggestions for Planning Overall Implementation   5  
Appendix C: Programming for Students with Special Needs   7  
Appendix D: Suggestions for Yearly Planning   15  
Appendix E: Unit Planner   21  
Appendix F: Lesson Planner   29  
Appendix G: Information Related to Planning for Assessment of Learning Outcomes   31  
Appendix H: General Blackline Masters   39  
Appendix I: Glossary   67  

Framework Excerpts  1  
Overview   3  
Charts Related to the General Learning Outcomes   27  

Bibliography  1