

APPENDIX H: GENERAL BLACKLINE MASTERS



The general blackline masters (BLMs) presented on the following pages consist of recording sheets and general information that can be used from Grades 5 to 8:

- BLM G–1: Grid Activities
- BLM G–2: Create a Game
- BLM G–3: Skill Acquisition and Application Recording Sheet
- BLM G–4: Personal Fitness Profile
- BLM G–5: Health-Related Fitness Components Poster
- BLM G–6: Physical Activity Log (PAL)
- BLM G–7: Heart-Rate Predictions
- BLM G–8: Ten-Second Heart-Rate Chart
- BLM G–9: Project-Assessment Rubric
- BLM G–10 (a-d): Reproductive System Diagrams
- BLM G–11: Skill-Related Fitness Components Poster
- BLM G–12: Self-Assessment of Personal Improvement Plan
- BLM G–13: Exercise Task Cards
- BLM G–14: Active Living Calendar
- BLM G–15: Active Living Log
- BLM G–16: PE Self-Assessment of Interpersonal Skills
- BLM G–17: Teaching Games for Understanding Chart

These general BLMs (as well as the grade-specific BLMs provided at the end of each respective grade) are available online in a format that teachers can adapt and personalize for classroom use. Please refer to the Manitoba Education and Youth website: <<http://www.edu.gov.mb.ca/ks4/cur/physhlth/index.html>>.