

CONTENTS

Acknowledgements	<i>iii</i>
Introduction	<i>1</i>
Purpose	<i>1</i>
Background	<i>1</i>
Contents	<i>3</i>
Overview	<i>1</i>
Characteristics of Middle Years Learners	<i>1</i>
Middle Years Philosophy for Effective Programming	<i>2</i>
Creating a Meaningful Learning Environment	<i>3</i>
Guidelines for the General Learning Outcomes	<i>4</i>
Guidelines for GLO 1—Movement	<i>4</i>
Guidelines for GLO 2—Fitness Management	<i>7</i>
Guidelines for GLO 3—Safety	<i>9</i>
Guidelines for GLO 4—Personal and Social Management	<i>12</i>
Guidelines for GLO 5—Healthy Lifestyle Practices	<i>14</i>
Planning for PE/HE Programming	<i>16</i>
Part A: Planning for Implementation	<i>16</i>
Part B: Planning for Instruction	<i>16</i>
Part C: Planning for Assessment	<i>27</i>
Part D: Additional Planning	<i>29</i>
Grades 5 to 8: Suggestions for Instruction and Assessment	<i>1</i>
Section Organization	<i>3</i>
Guide to Reading the Four Columns	<i>6</i>
Grade 5	<i>1</i>
General Learning Outcome 1—Movement	<i>3</i>
General Learning Outcome 2—Fitness Management	<i>41</i>
General Learning Outcome 3—Safety	<i>65</i>
General Learning Outcome 4—Personal and Social Management	<i>91</i>
General Learning Outcome 5—Healthy Lifestyle Practices	<i>127</i>
Blackline Masters	<i>151</i>
Grade 6	<i>1</i>
General Learning Outcome 1—Movement	<i>3</i>
General Learning Outcome 2—Fitness Management	<i>35</i>
General Learning Outcome 3—Safety	<i>59</i>
General Learning Outcome 4—Personal and Social Management	<i>83</i>
General Learning Outcome 5—Healthy Lifestyle Practices	<i>117</i>
Blackline Masters	<i>139</i>

Grade 7	<i>1</i>
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	<i>1</i>
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	<i>1</i>
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	<i>1</i>
Overview	3
Charts Related to the General Learning Outcomes	27
Bibliography	<i>1</i>