

CONTENTS

Acknowledgements *iii*

Introduction *1*

- Purpose *1*
- Background *1*
- Contents *2*

Overview *1*

- Characteristics of Early Years Learners *1*
- Early Years Philosophy for Effective Programming *2*
- Creating a Meaningful Learning Environment *3*
- Guidelines for the General Learning Outcomes *3*
 - 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 *23*
 - Part D: Additional Planning *25*

Kindergarten to Grade 4: Suggestions for Instruction and Assessment *1*

- Section Organization *3*
 - Student Learning Outcomes *3*
 - The Four-Column Format *4*
 - Blackline Masters *4*
 - Resources to Support Integration *4*
 - Guide to Reading the Four Columns *6*
- Kindergarten *1*
 - General Learning Outcome 1—Movement *3*
 - General Learning Outcome 2—Fitness Management *41*
 - General Learning Outcome 3—Safety *53*
 - General Learning Outcome 4—Personal and Social Management *71*
 - General Learning Outcome 5—Healthy Lifestyle Practices *99*
 - Blackline Masters *125*

Grade 1	<i>1</i>
General Learning Outcome 1—Movement	3
General Learning Outcome 2—Fitness Management	41
General Learning Outcome 3—Safety	57
General Learning Outcome 4—Personal and Social Management	81
General Learning Outcome 5—Healthy Lifestyle Practices	111
Blackline Masters	131
Grade 2	<i>1</i>
General Learning Outcome 1—Movement	3
General Learning Outcome 2—Fitness Management	49
General Learning Outcome 3—Safety	65
General Learning Outcome 4—Personal and Social Management	83
General Learning Outcome 5—Healthy Lifestyle Practices	113
Blackline Masters	155
Grade 3	<i>1</i>
General Learning Outcome 1—Movement	3
General Learning Outcome 2—Fitness Management	47
General Learning Outcome 3—Safety	63
General Learning Outcome 4—Personal and Social Management	81
General Learning Outcome 5—Healthy Lifestyle Practices	117
Blackline Masters	149
Grade 4	<i>1</i>
General Learning Outcome 1—Movement	3
General Learning Outcome 2—Fitness Management	47
General Learning Outcome 3—Safety	73
General Learning Outcome 4—Personal and Social Management	93
General Learning Outcome 5—Healthy Lifestyle Practices	123
Blackline Masters	147
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	17
Appendix E: Unit Planner	21
Appendix F: Lesson Planner	27
Appendix G: Information Related to Planning for Assessment of Learning Outcomes	29
Appendix H: General Blackline Masters	37
Appendix I: Glossary	49
Framework Excerpts	<i>1</i>
Overview	3
Charts Related to the General Learning Outcomes	27
Bibliography	<i>1</i>