



A P P E N D I C E S

Appendix A: Curriculum Map for Grade 11 and
Grade 12 Active Healthy Lifestyles

Appendix B: Grade 11 Active Healthy Lifestyles
Curriculum Matrix

Appendix C: Specific Learning Outcomes for
Grade 11 Active Healthy Lifestyles

Appendix D: Planning Guidelines for Physical
Education/Health Education

Appendix E: Active Learning Strategies

Appendix F: Sample Assessment Tools and Checklists

Appendix G: Common Planning Tools and Forms

