
Physical Education 11 and 12



Grade Collections

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The complete list of Provincially Recommended learning resources for most subjects includes dozens of titles. To help make the process of selecting learning resources more manageable for teachers, experienced teachers of the subject have been asked to identify Grade Collections. Each Grade Collection lists the Recommended resources that match the greatest number of prescribed learning outcomes for that grade and subject.

Grade Collections are not prescriptive; they are intended to provide assistance and advice only. Teachers are encouraged to use existing resources that match the learning outcomes and to select additional resources to meet their specific classroom needs. It is recommended that teachers use the *Physical Education 11 and 12 IRP* when making resource decisions.

Resources that are identified through the Continuous Submissions process as having strong curriculum match will be added to the Collection as they become available. Information about new Provincially Recommended Resources can be found at:
www.bced.gov.bc.ca/irp_resources/lr/resource/res_main.htm

This site is updated monthly and resources are organized according to the IRP.

Categories of Resources

Learning resources selected for each Grade Collection have been categorized as either *comprehensive* or *additional*.

- *Comprehensive resources* tend to provide a broad coverage of the learning outcomes for most curriculum organizers.
- *Additional resources* are more topic-specific and support individual curriculum organizers or clusters of outcomes. They are recommended as valuable support or extension for specific topics. Additional resources will typically be used to supplement or fill in the areas not covered by the comprehensive resources.

In many cases, Grade Collections provide more than one resource to support specific outcomes, enabling teachers to select resources that best match different teaching and learning styles.

Other Recommended Resources

Appendix B includes annotations for other Provincially Recommended resources not in the Grade Collections. While these resources meet only a limited number of outcomes, teachers are encouraged to consider them for different audience needs, teaching and learning styles, theme development, in-depth research, and so on.

Outcomes Not Supported By Resources

There may be prescribed learning outcomes either partially or not at all supported by learning resources at this time. Many of these could be met by teacher-developed activities.

Grade Collection Information

The following pages begin with an overview of the comprehensive resources for this curriculum. The Grade Collection chart lists both *comprehensive* and *additional* resources for each curriculum organizer and sub-organizer. Please confirm with the suppliers for complete and up-to-date ordering information. The chart is followed by an annotated bibliography. There is also a chart that shows the alphabetical list of Grade Collection titles and a blank template that can be used by teachers to record their individual choices.

OVERVIEW OF COMPREHENSIVE RESOURCES FOR PHYSICAL EDUCATION 11 AND 12

- *The Fitness Knowledge Course*

This comprehensive fitness knowledge course covers such topics as anatomy, physiology, muscular strength, muscular endurance, and flexibility; fitness concepts, training programs and methods of evaluation; nutrition; safety and common injuries (treatments/causes); and leadership skills. Each chapter clearly includes clearly stated objectives, summaries, activities, diagrams, and quizzes. The comprehensive Program Educator Kit is a helpful and valuable teaching tool, put together as a do-it-yourself kit.

Upon completion of the entire package, students can write an open book exam to acquire the Fitness Knowledge Course certification. This course and resource have been provincially recognized by and registered with the BC Recreation and Parks Association.

This resource is also suitable for students doing advanced directed studies or who are enrolled in career preparation recreational leadership programs.

- *Quality Lesson Plans for Secondary Physical Education*

This comprehensive resource provides lesson plans and ideas for teaching all areas of the curriculum except gymnastics. It addresses safety, etiquette, and fair play, and provides activities and suggestions to help students achieve a personal functional level of physical fitness.

There are 150 lessons for a wide range of activities and sports. The resource is divided into four units: "Fitness"; "Major" (badminton, basketball, dance, flag football, soccer, softball, tennis, volleyball); "Minor" (bowling, floor hockey, golf, jumping rope, orienteering, pickle-ball, speedball, team handball, ultimate frisbee); and "Single-day Lessons" which incorporates a variety of activities for rainy days or breaks between major and minor units.

Each lesson contains sections on purpose, equipment and facilities, warm-up, skill cues, teaching cues, activities, and closure. Safety considerations are included. An appendix explains the warm-up exercises suggested in each lesson.

Note: Imperial measurements are used for courts, fields, and weights.