



**activ8: A Curriculum-Based Physical Activity Challenge Program - Grades 7-8**

**General Description:**

*activ8* is a physical activity challenge program based on the Ontario curriculum. The program consists of, at each grade level, eight lessons that culminate in a 'Challenge Day'. The lessons are designed to promote physical activity as an important and enjoyable part of students' daily lives. The eight lessons cover a range of physical activities emphasizing movement, skills, concepts and fitness. Activities are innovative, encouraging individual, partner and group work. Appendices include suggested adaptations for students with special needs, safety considerations, proper form for activities, stretching activities, assessment and evaluation suggestions and ideas for community involvement. The resource is not intended to replace a full program. All challenges are modifiable and emphasize personal, individual development. Resource is useful for both generalist teachers and PE specialists.

**Audience**

- General
- ESL - demonstrations and movement
- Gifted - provides suggestions to increase the challenge for gifted athletes
- ID (Mild) - includes general guidelines for adapting activities
- Blind/Visual Impairments - includes general guidelines for adapting activities
- Other - Hearing Impaired; Students with Physical Disabilities

**Category:** Teacher Resource

**Grade Level:**

K	1	2	3	4	5	6	7	8	9	10	11	12
								✓				

**Year Recommended in Grade Collection:** 2004

**Supplier:** *The Foundation for Active Healthy Kids*  
1185 Eglinton Avenue East, Suite 501  
Toronto, ON M3C 3C6

**Tel:** 416-426-7120      **Fax:** 416-426-7373

**Web Address:** www.activehealthykids.ca

**Price:** Free to Schools

**ISBN/Order No:** 0-921868-56-1

**Copyright:** 2002



**Assessing Attitudes in Physical Education: A Collection of Assessment Tools**

**Author(s):** Green et al.

**General Description:**

Book provides a variety of teacher, student, parent and peer assessment, evaluation and observation checklists and data collection sheets. Useful for classroom teachers as well as specialists.

**Caution:**

Some visuals depict bike riders without helmets.

**Audience**

- General
- ESL - useful tool for language acquisition and development of positive attitudes
- Gifted - open-ended activities

**Category:** Teacher Resource

**Grade Level:**

K	1	2	3	4	5	6	7	8	9	10	11	12
				✓	✓	✓	✓	✓				

**Year Recommended in Grade Collection:** 1998

**Supplier:** *School District No. 71 - Physical Education Association*  
c/o Glacier View Elementary School  
241 Becher Drive  
Courtenay, BC V9N 3Y4

**Tel:** (250) 338-1425      **Fax:** (250) 334-4837

**Price:** \$10.00

**ISBN/Order No:** Not available

**Copyright:** 1993



**Great Careers for People Interested in Sports and Fitness**

**Author(s):** Edwards, L.

**General Description:**

Book provides career information using interview-style profiles of people employed in sports-related careers such as soccer coach, fitness club coordinator, sports nutritionist, kinesiologist, sports broadcaster and so on. Includes planning activities to encourage further exploration and concludes with an open-ended activity. Also useful for recreational leadership programs.

**Audience**

General

**Category:** Student, Teacher Resource

**Grade Level:**

K	1	2	3	4	5	6	7	8	9	10	11	12
								✓	✓	✓	✓	✓

**Year Recommended in Grade Collection:** 1998

**Supplier:** *Weigl Educational Publishers Ltd.*  
6325 - 10th Street SE  
Calgary, AB T2H 2Z9

**Tel:** (403) 233-7747      **Fax:** (403) 233-7769

**Toll Free:** 1-800-668-0766

**Price:** \$13.95

**ISBN/Order No:** 1-895579-16-3

**Copyright:** 1994

## APPENDIX B: PHYSICAL EDUCATION 8 TO 10 • *Grade Collections*



### Innovative Games

**Author(s):** Lichtman, B.

**General Description:**

Book describes, in detail, 35 traditional and non-traditional games that encourage physical activity. Choices range from the simple to the highly complex. Includes background information. Promotes problem solving and creativity and allows students to transfer the skills and concepts learned in traditional games.

**Audience**

General

**Category:** Teacher Resource

**Grade Level:**

K	1	2	3	4	5	6	7	8	9	10	11	12
				✓	✓	✓	✓	✓	✓	✓		

**Year Recommended in Grade Collection:** 1998

**Supplier:** *Human Kinetics Canada*  
475 Devonshire Road, Unit 100  
Windsor, ON N8Y 2L5

**Tel:** (519) 971-9500      **Fax:** (519) 971-9797

**Toll Free:** 1-800-465-7301

**Web Address:** www.humankinetics.com

**Price:** \$32.95

**ISBN/Order No:** 0873224884/BLI0488

**Copyright:** 1993



### Physical Education for Elementary School Children, Tenth Edition

**General Description:**

Comprehensive text addresses the developmental characteristics of children, learning theories and developing a physical education program. It includes resource sections for games, dance and gymnastics activities. This edition includes suggestions for classroom management and student assessment, new techniques for teaching cooperative learning, and a greater emphasis on health-related fitness and active lifestyle programs. The supplementary videos are not recommended.

**Caution:**

Provisions for special needs students and programs refer to state and federal laws in the United States. While some of their suggestions and processes are similar to Canadian laws, teachers will need to address the differences.

**Audience**

General

**Category:** Teacher Resource

**Grade Level:**

K	1	2	3	4	5	6	7	8	9	10	11	12
				✓	✓	✓	✓	✓				

**Year Recommended in Grade Collection:** 1998

**Supplier:** *McGraw-Hill Ryerson Ltd. (Ontario)*  
300 Water Street  
Whitby, ON L1N 9B6

**Tel:** (905) 430-5000      **Fax:** (905) 430-5194

**Toll Free:** 1-800-565-5758 (orders)

**Web Address:** www.mcgrawhill.ca

**Price:** \$69.66

**ISBN/Order No:** 0-697-29486-2

**Copyright:** 1998



### Quality Lesson Plans for Secondary Physical Education

**Author(s):** Zakrajsek, D. et al.

**General Description:**

Book has 150 lessons for a wide range of physical activity and sports. Each lesson contains sections on purpose, equipment and facilities, warm-up, skill cues, teaching cues, activities and closure.

**Caution:**

Imperial measurements used for courts, fields, and weights.

**Audience**

General

**Category:** Teacher Resource

**Grade Level:**

K	1	2	3	4	5	6	7	8	9	10	11	12
								✓	✓	✓	✓	✓

**Year Recommended in Grade Collection:** 1998

**Supplier:** *Human Kinetics Canada*  
475 Devonshire Road, Unit 100  
Windsor, ON N8Y 2L5

**Tel:** (519) 971-9500      **Fax:** (519) 971-9797

**Toll Free:** 1-800-465-7301

**Web Address:** www.humankinetics.com

**Price:** \$67.50

**ISBN/Order No:** 0-87322-671-2/BZAK0671

**Copyright:** 1994