



APPENDIX B

*Physical Education 8 to 10
Grade Collections*

PHYSICAL EDUCATION 8 TO 10: GRADE COLLECTIONS

This section begins with an overview of the comprehensive resources for this curriculum, then presents Grade Collection charts for each grade. These charts list both *comprehensive* and *additional* resources for each curriculum organizer for the grade. The charts are followed by an annotated bibliography. Teachers should check with suppliers for complete and up-to-date ordering information. Most suppliers maintain web sites that are easy to access.

MEDIA ICONS KEY



Audio Cassette



CD-ROM



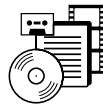
Film



Games/Manipulatives



Laserdisc/Videodisc



Multimedia



Music CD



Print Materials



Record



Slides



Software



Video

PHYSICAL EDUCATION 8 TO 10**GRADE COLLECTIONS****OVERVIEW OF COMPREHENSIVE RESOURCES**

- *activ8: A Curriculum-Based Physical Activity Challenge Program (Grades K to 8)*

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.

- *The Canadian Active Living Challenge (Grades 2 to 10)*

Four program binders provide suggested activities for planning lessons in the areas of active living, health, environment, culture, personal development, leisure, and ability. The activities are organized as both “thinking and knowing”, which are meant to be done in the classroom, and “doing”, which are meant to be done inside, outside, at home, in the community, with family and others. The “doing” activities involve record keeping and goal setting as students participate in a variety of physical activities. Two 18-minute orientation videos, appropriate for different age levels, may be used to introduce or promote the program. This program also covers learning outcomes for *Career and Personal Planning 8-12* for the curriculum organizers *Planning* and

Personal Development.

- *Physical Education for Elementary School Children, Tenth Edition (Grades K to 8)*

Although the title of this resource indicates an elementary level, it is very appropriate for the middle school setting. Comprehensive text integrates theoretical, background knowledge and practical classroom application. It provides suggestions for numerous and varied activities for all movement categories, except alternative environments, where there is minimal reference. Teachers will need to address the American references to state and federal law re provision for special needs students and programs. The text also lacks a career focus and nutrition information.

- *Quality Lesson Plans for Secondary Physical Education (Grades 8 to 10)*

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.

