

Physical Education 9-12 Programs

Publisher	Title of Material	Author	Copyright	Grade Level	ISBN	Recommendation
Fitness Foundations Curriculum, LLC	Fitness Foundations: A Comprehensive Approach to Developing Life-Long Fitness Habits - A Curriculum Guide for Secondary Physical Educators	Kristi Lund	2015	9th	978-0-692-41818-5	Comprehensive
	Notes: Strengths: Complete package in fitness (physical education). Teaches fitness principles, assessment tools, techniques and planning strategies. Very comprehensive. Weaknesses: Professional Development is strongly recommended. Some bullet points or quick view document at beginning of each lesson/unit would help implementation for teachers who have not been trained on curriculum.					
	Key Features: 4 units of instruction and unit plans 36 lesson plans Student handouts/workbook and masters Assessments and keys In-class assignments Visual aids Resource CD with presentations and lesson materials Aligned to SHAPE National Physical Education Standards and Idaho Content Standards					
	Fitness Foundations Resource CD	Kristi Lund	2015	9th	NA	
	Student Workbook	Kristi Lund	2015	9th	NA	