

Physical Education

Resources - Recommended with Reservations

Grades K-12

Contracts effective through December, 2015. Contracts extended through December, 2018. Please contact publishers directly before ordering any curricular materials. Newer editions may be available.

RESOURCES - RECOMMENDED With RESERVATIONS

Publisher	Title of Material	Author	Copyright	Grade Level	ISBN Number	R=Resource Correlation*
Focused Fitness (Interim 2010)	Five for Life Basic Program Kit	Focused Fitness	2003	K-5	1884	R K-2 = 2% 3-5 = 1%
	Notes: Approved as a "Resource Only". Skill development in basic movements & transitions that lead up to games are missing Correlates 1% to National Physical Education Standards. Key Features: Contains important health information on nutrition, body systems and fitness.					
	Basic Instructional Manual		2003	K-5	1871	
	Nutrition Kit		2004	K-12	1874	
	Circuit Training Kit		2005	K-12	1873	
	Dynamic Workout DVD		2004	K-12	1866	
	Basic Measurements DVD		2005	K-12	1867	
Focused Fitness (Interim 2010)	Five for Life Intermediate Program Kit	Focused Fitness	2003	6-8	1890	R 33%
	Notes: Approved as a "Resource Only". Good resource for health curriculum. Skill development in basic movements & transitions to lead up to games are missing. Correlates 29% to National Physical Education Standards. Key Features: Contains important health information on nutrition, body systems and fitness.					
	Intermediate Instructional Manual		2003	6-8	1891	
	Nutrition Kit		2004	K-12	1874	
	Circuit Training Kit		2005	K-12	1873	
	Dynamic Workout DVD		2004	K-12	1866	
	Advanced Measurements DVD		2005	K-12	1868	
Focused Fitness (Interim 2010)	Five for Life Advanced Program Kit	Focused Fitness	2003	9-12	1885	R 40%
	Notes: Approved as a "Resource Only". A resource for a health curriculum or to teach health concepts in a physical education course. Students are not engaged in movement activities for long periods of time. Activities are not challenging enough to use at the high school level. Correlates 53% to National Physical Education Standards. Key Features: Contains important health information on nutrition, body systems and fitness.					
	Advanced Instructional Manual		2003	9-12	1872	
	Nutrition Kit		2004	K-12	1874	
	Circuit Training Kit		2005	K-12	1873	
	Dynamic Workout DVD		2004	K-12	1866	
	Advanced Measurements DVD		2005	K-12	1868	
Focused Fitness (Interim 2010)	Fab 5 Physical Activity Program	Focused Fitness	2009	K-5	1863	R K-2 = 42% 3-5 = 80%
	Notes: Approved as a "Resource Only". Activities support health related curriculum, but does not cover the standards about developing & maintaining fitness skill development. Multiple tag games with no skill development. Key Features: Contains important health information on nutrition, body systems and fitness.					

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Publisher	Title of Material	Author	Copyright	Grade Level	ISBN Number	R=Resource Correlation*
Focused Fitness (Interim 2010)	WELNET Software	Focused Fitness	2004	K-12	Web-based	R
	Notes: Approved as "Teacher Resource Only". A teacher resource to create templates for scoring assessments and behavior logs. Can personalize logs for students and classes on-line use. Log samples included in curriculum. Key Features: Easy to use, customizable, web-based software application that was developed as a tool to allow educators to gather student data and communicate the results to students, parents, school and district administrators, community and researchers. Simplifies the process of gathering student fitness data while providing longitudinal data to a district. It allows teachers and administrators to print individual and group reports and analyze the results from any internet enabled computer. Exports the data in formats suitable for researchers to analyze the data gathered.					