

Contract effective through 12/31/2015

**RESOURCES - RECOMMENDED With RESERVATIONS**

**Grades 6-8**

<b>Publisher</b>	<b>Title of Material</b>	<b>Author</b>	<b>Copyright</b>	<b>Grade Level</b>	<b>ISBN Number</b>	<b>R=Resource Correlation*</b>	
<b>Human Kinetics, Inc.</b>	<b>Fitness for Life; Middle School</b>	<b>Charles B. Corbin/ Guy C. LeMasurier/ Dolly D. Lambdin</b>	<b>2007</b>	<b>6-8</b>	<b>9780736065115</b>	<b>R</b> <b>5-6 = 72%</b> <b>7-8 = 50%</b>	
	Notes: Recommended with Reservations as a "Resource Only". Correlates 60% to National Physical Education Standards for grades 6-8. Good knowledge base; however activities are not age appropriate. Key Features: Provides a foundation for students to be physically active and fit throughout their whole lives. Middle-schoolers participate in a variety of developmentally appropriate and fun physical activities based on the recommendations of the Physical Activity Pyramid for the correct amounts and kinds of activity. Students also learn about body composition and nutrition, aerobics, sports, recreation, flexibility, and muscle fitness, all with a focus on planning for active living; Assess their own fitness levels and develop plans for improvement using short- and long-term goals; Develop skills that help them build self-esteem, communicate effectively, and handle peer pressure, bullying, and other social concerns; and learn how their bodies work so they can move more effectively and efficiently.						
	Fitness for Life Middle School: Teacher's Guide						9780736068284
Fitness for Life Middle School: Teacher's Guide					9780736068284		

**Grades 9-12**

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<b>Human Kinetics, Inc.</b>	<b>Fitness for Life, Updated Fifth Edition</b>	<b>Charles B. Corbin/ Ruth Lindsey</b>	<b>2007</b>	<b>9-12</b>	<b>9780736066754</b>	<b>R</b> <b>68%</b>	
	Notes: Recommended with Reservations as a "Resource Only". Correlates 66% to National Physical Education Standards. Good knowledge base; however low on activities and geared more toward middle school age students. Text serves well to classroom setting. Key Features: Is a personal fitness text designed to help students learn the value and benefits of lifelong physical activity while meeting national and state physical education standards. Learners gain knowledge and understanding of key concepts, participate in fun physical activities, and learn a variety of self-management skills such as self-assessment, goal setting, self-monitoring, and self-planning that have been shown to be effective in promoting lifelong fitness and physical activity.						
	Fitness for Life Wraparound Teacher Edition and Resources Kit			2007			9780736068642
	Fitness for Life Wraparound Teacher Edition and Resources Kit			2007			9780736068642
	Fitness for Life-Spanish E-Book CD-ROM			2004			9780736055314
	Fitness for Life-Spanish E-Book CD-ROM			2004			9780736055314
	Fitness for Life In-Service DVD			2005			9780736055680
	Fitness for Life In-Service DVD			2005			9780736055680
	Fitness for Life Physical Activity Pyramid for Teens - Poster			2003			9780736050982

\*Correlation to Physical Education Content Standards

\*Correlation to National Physical Education Standards noted above under key features.