K-12 Physical Education

Adoption Guide Extended

For additional information (e.g. pricing, copyright, ISBN) and Idaho completed evaluations, please contact the curricular materials coordinator.

Materials in this guide are contracted from September 2017- December 31, 2022.

GRADES 9-12

Fitness Foundations Curriculum, LLC

Fitness Foundations: A comprehensive Approach to Developing Life-Long Fitness Habits

- **Grades 9**
  - **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

For Questions Contact

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