



# Physical Education: Core Learning Resources

7



**Physical Education:  
Core Learning Resources 7**

**Prepared by:  
Curriculum and E-Learning Branch  
Ministry of Education  
2008**

Physical education: core learning resources 7

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## Foreword

This list of learning resources identifies high-quality core (CORE) resources that have been recommended by the Ministry of Education to support *Physical Education 7*. Additional titles can be found on the Ministry of Education website. This list will be updated as new resources are recommended.

The abbreviation (CAN) indicates that a Canadian contributed to the development of the resource and/or that it includes Canadian content. Similarly, (SK) indicates that a Saskatchewan person contributed to the development of the resource and/or that it includes Saskatchewan content.

There is no one resource that provides support for all the outcomes in a grade-specific physical education curriculum. When purchasing resources from this list, it is advisable to select a variety of resources so that all three goals of the curriculum will be supported. Other resources beyond those recommended in this list and the list on the website may effectively support the curriculum. It remains the responsibility of educators to preview and select materials that best meet the needs of their students, school, and community. Educators should choose these materials in accordance with the school divisions' learning resources selection policy.

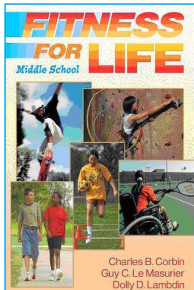
Pricing of the learning resources contained in this document is subject to change without notice by the publishers and/or distributors.

The Ministry of Education expresses its appreciation to publishers, producers, and distributors who have provided learning resources for evaluation, and gratefully acknowledges the contributions made by educators who served as evaluators.





## Print, Audio-visual, and Other Resources



### Fitness for Life: Middle School

**Authors:** Corbin, Charles B., Le Masurier, Guy C., and Lambdin, Dolly D.

#### Annotation

**(CORE)** This book describes the benefits of participating in movement activities with the objective that students will be active throughout their lives. It explains the F.I.T.T. Formula to assist students in determining how much activity is enough. F.I.T.T. denotes Frequency, Intensity, Time, and Type of activity. The elements required in creating a movement activity plan include assessing needs and developing goals. The plan encourages students to remain active. *Fitness for Life: Middle School* explains biomechanical principles, the importance of learning motor skills, and practising what is learned. The book offers information about aerobics, sports, recreation, flexibility exercises, muscle fitness, body composition, and nutrition. Coloured photographs and illustrations enhance the text. Included are a table of contents, a glossary, and an index.

Note: The book does not use metric measurements. It also refers to the American MyPyramid of dietary guidelines and the American Physical Activity Pyramid which are not applicable to Canada. Educators should refer instead to Canada's Food Guide at [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) and Canada's Physical Activity Guide and Handbook at [www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html](http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html).

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**Suggested Uses:** Student Resource  
Professional Resource

#### Publisher/Distributor

Human Kinetics Canada  
475 Devonshire Road Unit 100  
WINDSOR ON N8Y 2L5  
(800) 465-7301  
Fax: (519) 971-9797  
E-mail: [info@hkcanada.com](mailto:info@hkcanada.com)  
Website: [www.humankinetics.com](http://www.humankinetics.com)

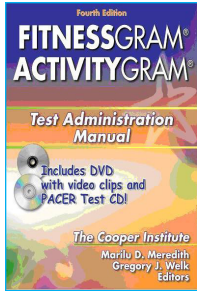
**Price:** \$30.95 hdc.

**Pagination:** 127 p.

**ISBN:** 978-0-7360-6511-5

**Copyright:** 2007

**Year Recommended:** 2008



## Fitnessgram® Activitygram®: Test Administration Manual. 4th ed.

**Editors:** Meredith, Marilu D., and Welk, Gregory J.

### Annotation

**(CORE)** Fitness assessment is a key component of any health-related movement activity program. It establishes a baseline from which students can set goals and check progress. This process is an effective way to encourage students to participate in a healthy lifestyle with fitness as a key component. The benefit of this process is its measurement of health-related physical fitness rather than performance or skills. In addition to measurements, it also recommends for each individual student the activity programs needed to be in the healthy fitness zone. Individualized reports can be printed to provide students with excellent feedback. The book provides a table of contents.

An accompanying DVD includes video clips that illustrate how to perform different fitness assessments.

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**Suggested Use:** Professional Resource

### Publisher/Distributor

Human Kinetics Canada  
 475 Devonshire Road Unit 100  
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 (800) 465-7301  
 Fax: (519) 971-9797  
 E-mail: info@hkcanada.com  
 Website: www.humankinetics.com

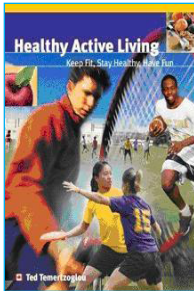
**Price:** \$39.95 pbk.

**Pagination:** 137 p.

**ISBN:** 978-0-7360-6856-7

**Copyright:** 2007

**Year Recommended:** 2008



## Healthy Active Living: Keep Fit, Stay Healthy, Have Fun

**Author:** Temertzoglou, Ted

### Annotation

**(CORE, CAN)** This book describes basic skills and tactics for various types of movement activities and sports: invasion/territory games, net/wall games, striking/fielding games, target games, and outdoor activities. It includes body management activities such as track and field, dance, yoga, aerobics, and gymnastics. Setting and achieving fitness goals are important elements of the publication. The F.I.T.T. Formula is explained to assist students in determining how much activity is enough. F.I.T.T. denotes Frequency, Intensity, Time, and Type of activity. Safety and conflict resolution techniques are included, and a chapter is devoted to nutrition and healthy eating. Included are a table of contents, a glossary of key terms, and an index.

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**Suggested Uses:** Student Resource  
Professional Resource

### Publisher/Distributor

Thompson Educational Publishing  
6 Ripley Avenue, Suite 200  
TORONTO ON M6S 3N9  
(416) 766-2763  
Fax: (416) 766-0398  
E-mail: [orderdesk@thompsonbooks.com](mailto:orderdesk@thompsonbooks.com)  
Website: [www.thompsonbooks.com/](http://www.thompsonbooks.com/)

**Price:** \$76.95 hdc.

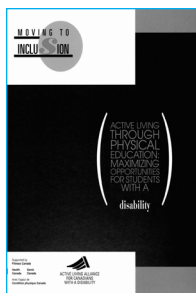
**Pagination:** 492 p.

**ISBN:** 978-1-55077-150-3

**Copyright:** 2007

**Year Recommended:** 2008

# Physical Education: Core Learning Resources • Grade 7



## Moving to Inclusion: Active Living Through Physical Education – Maximizing Opportunities for Students with a Disability

**Author:** Active Living Alliance for Canadians with a Disability

### Annotation

**(CORE, CAN)** The series includes an introduction and nine binders on how adaptations can be made in movement activities to include students with various abilities. Each three-ring binder provides a table of contents and information on the specific disability; adaptation ideas on how students can be involved in various movement activities such as aquatics, track and field, weight training, team games, and other fitness endeavors; and a section on assessment and evaluation.

Note: The 31-page introduction for this resource is available free at [http://cms.nortia.org/Org/Org23/Images/PDFs/MTIintro\\_e.pdf](http://cms.nortia.org/Org/Org23/Images/PDFs/MTIintro_e.pdf).

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**Suggested Use:** Professional Resource

### Publisher

Health Canada

### Distributor

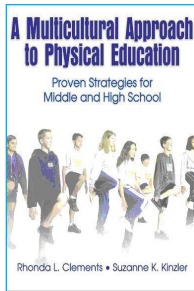
Active Living Alliance for Canadians with a Disability  
 720 Belfast Road, Suite 104  
 OTTAWA ON K1G 0Z5  
 (800) 771-0663  
 Fax: (613) 244-4857  
 E-mail: [info@ala.ca](mailto:info@ala.ca)  
 Website: [www.ala.ca/content/home.asp](http://www.ala.ca/content/home.asp)

**Price:** \$25.00 each binder

**Copyright:** 1994

**Year Recommended:** 2008

Titles
An Introduction
Integrating Students with a Disability into Skiing Activities
Integrating Students with Amputations
Students Who Are Deaf or Hard of Hearing
Students Who Are Physically Awkward
Students Who Are Visually Impaired
Students Who Use a Wheelchair
Students with an Intellectual Disability
Students with Cerebral Palsy
Students with Multiple Disabilities



## A Multicultural Approach to Physical Education: Proven Strategies for Middle and High School

**Authors:** Clements, Rhonda L. and Kinzler, Suzanne K.

### Annotation

**(CORE)** This book presents information on games and activities from many different countries. Special equipment is not required to participate in the games and activities. For each game, the outcome, playing space, equipment, and essential rules are provided. A chapter deals with assessing individual and group interaction within a multicultural setting, and sample assessment ideas are included. The book provides a table of contents.

Note: There is reference to the United States National Association for Sport and Physical Education Content Standards. These standards are not applicable to Saskatchewan.

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**Suggested Uses:** Student Resource  
Professional Resource

### Publisher/Distributor

Human Kinetics Canada  
475 Devonshire Road Unit 100  
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(800) 465-7301  
Fax: (519) 971-9797  
E-mail: info@hkcanada.com  
Website: www.humankinetics.com

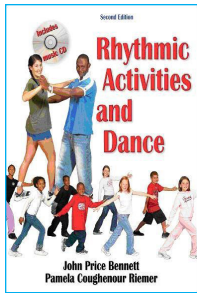
**Price:** \$28.95 pbk.

**Pagination:** 160 p.

**ISBN:** 978-0-7360-3882-9

**Copyright:** 2003

**Year Recommended:** 2008



## Rhythmic Activities and Dance. 2nd ed.

**Authors:** Bennett, John Price and Coughenour Riemer, Pamela

### Annotation

**(CORE)** To support student achievement of the outcomes on rhythmic movement in the curriculum, this book presents information on planning for and evaluating rhythmic activities and dance. A compact disc accompanies the book and provides music for the activities and dances. Icebreaker activities are provided to encourage students to work in partners. Besides the rhythmic activities, there is a wide variety of dance forms presented in the book: aerobic dances, line dances, folk dances, mixers, square dances, clogging, and social dances. A description is included for each dance, as well as the correlating music track on the compact disc, the counts and steps, and teaching tips. Certain dances contain diagrams to assist with the formations. Included are a table of contents, a glossary, and a list of suggested resources for further support.

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**Suggested Use:** Professional Resourcee

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E-mail: [info@hkcanada.com](mailto:info@hkcanada.com)  
Website: [www.humankinetics.com](http://www.humankinetics.com)

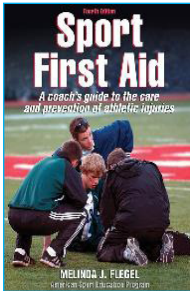
**Price:** \$39.95 pbk.

**Pagination:** 251 p.

**ISBN:** 978-0-7360-5148-4

**Copyright:** 2006

**Year Recommended:** 2008



## Sport First Aid. 4th ed.

**Author:** Flegel, Melinda J.

### Annotation

**(CORE)** This comprehensive fourth edition publication about first aid includes preparing a first aid plan, contents of a first aid kit, explanations of anatomy, the causes of injuries and illnesses, and determining and recognizing acute and chronic injuries. Details are presented for treating different types of injuries with excellent drawings, photographs, and flow chart diagrams outlining first aid procedures. The book offers a very appealing format, and it includes a comprehensive index and glossary.

Note: The book does not use metric measurements. It also refers to the American Food Guide and the American Sport Education Program (ASEP) which are not applicable to Canada. Educators should refer instead to Canada's Food Guide at [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php).

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Website: [www.humankinetics.com](http://www.humankinetics.com)

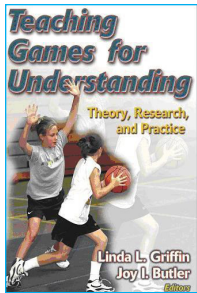
**Price:** \$49.95 pbk.

**Pagination:** 317 p.

**ISBN:** 978-0-7360-7601-2

**Copyright:** 2008

**Year Recommended:** 2008



## Teaching Games for Understanding: Theory, Research and Practice

**Editors:** Griffin, Linda L. and Butler, Joy I.

### Annotation

**(CORE)** As games are an important aspect of physical education, this book provides educators with current research and a conceptualization model for teaching games for understanding (TGfU). By exploring the learner's development of games knowledge, improvements in games teaching and learning occur. The book presents teaching and learning games at various levels. It also addresses the role of assessment in teaching games for understanding as well as integration of co-operative learning and tactical game models. Examples of teachers implementing teaching games for understanding illustrate the success of this model. This resource is a solid support for deeper understanding related to target games, striking/fielding games, net/wall games, and invasion/territorial games. Included are a table of contents and an index.

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**Suggested Use:** Professional Resource

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Fax: (519) 971-9797  
E-mail: [info@hkcanada.com](mailto:info@hkcanada.com)  
Website: [www.humankinetics.com](http://www.humankinetics.com)

**Price:** \$32.95 pbk.

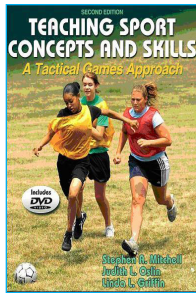
**Pagination:** 238 p.

**ISBN:** 978-0-7360-4594-0

**Copyright:** 2005

**Year Recommended:** 2008





## Teaching Sport Concepts and Skills: A Tactical Games Approach. 2nd ed.

**Authors:** Mitchell, Stephen A., Oslin, Judith L., and Griffin, Linda L.

### Annotation

**(CORE)** The first part of the book has information on why a tactical approach to games teaching is successful with students. The tactical games approach breaks each game into tactical problems, off-the-ball movements, and on-the-ball skills, and describes the different levels of tactical complexity. Part two gives lesson plans for tactical games teaching for soccer, basketball, lacrosse, rugby, volleyball, badminton, tennis, softball, cricket, golf, and bowling. The final section of this book provides ideas for planning to use the tactical games approach, for instructing using this approach, and for assessing students' understanding. Included is a table of contents.

A DVD that accompanies the book gives examples of lessons for Middle Level students with various abilities, and emphasizes the transfer of concepts.

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**Suggested Use:** Professional Resource

### Publisher/Distributor

Human Kinetics Canada  
 475 Devonshire Road Unit 100  
 WINDSOR ON N8Y 2L5  
 (800) 465-7301  
 Fax: (519) 971-9797  
 E-mail: info@hkcanada.com  
 Website: www.humankinetics.com

**Price:** \$52.95 pbk.

**Pagination:** 547 p.

**ISBN:** 978-0-7360-5453-9

**Copyright:** 2006

**Year Recommended:** 2008

### Digital Resources

The Saskatchewan Ministry of Education is providing a forum through the Evergreen Curriculum Learning Resources page for teachers to access and share educationally appropriate Internet sites. The URL Database of websites can be found on the Ministry of Education website at [www.education.gov.sk.ca/digital-resources](http://www.education.gov.sk.ca/digital-resources).

Information on sites that are highly recommended and linked to curriculum outcomes can be found by accessing this database.

Teachers are encouraged to share their favourite Internet sites with others in the province by registering in the URL database. Once an account has been created, teachers will be able to suggest new Internet sites as well as access and review sites submitted by other teachers. The reviews are used to help determine a recommendation and links to curricula. Educators may register at the above address.

The General Reference Centre (GRC) provides access to general Internet sites that relate to curricula. The GRC can be found on the Ministry of Education website.

Examples of currently available Internet sites that provide valuable information for physical education teachers follow:

**Canada's Physical Activity Guide and Handbook** at [www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html](http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html)

**(CORE, CAN)** The guide and handbook provide information on the requirements and activity options for people to stay healthy or to improve their health.

**PE Central: The Web Site for Health and Physical Education Teachers** at [www.pecentral.org/](http://www.pecentral.org/)

**(CORE)** The aim of the site is to provide current information about developmentally appropriate physical education programs for children and youth. Teachers are encouraged to share their lesson ideas.

**Physical and Health Education Canada** at [www.cahperd.ca/](http://www.cahperd.ca/)

**(CORE, CAN)** This Canadian organization's focus is to influence the healthy development of children and youth by advocating for quality physical and health education. This organization was formerly named Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD). The association provides online supports for educators and publishes *The Physical and Health Education Journal (PHE Journal)*.

**Saskatchewan in motion™** at [www.saskatchewaninmotion.ca/](http://www.saskatchewaninmotion.ca/)

**(CORE, SK)** This province-wide movement's goal is to increase physical activity for health, social, environmental, and economic benefits. Information and ideas are presented to support physical activity in schools and to promote schools becoming in motion schools where physical activity is integrated into all aspects of the school environment.

**Saskatchewan Physical Education Association (SPEA)** at [www.speaonline.ca/](http://www.speaonline.ca/)

**(CORE, SK)** SPEA is a special subject council of the Saskatchewan Teachers' Federation (STF) for physical education teachers. It provides leadership, advocacy, and resources in order to influence positively the lifestyles of Saskatchewan's children and youth. A newsletter entitled *On the Move* is published by SPEA.