

The Erie School District's utilized coordinated programs for a comprehensive health-related physical activity curriculum. These resources are designed to complement and support each other:

Fitnessgram®/Activitygram®, developed by The Cooper Institute and published by Human Kinetics, provides the health-related fitness and activity assessment component for physical education. Fitnessgram is endorsed and adopted by the National Association for Physical Education (NASPE) as the assessment component of Physical Best, and Fitnessgram/Activitygram is the primary assessment component of Fitness for Life.

Fitness and activity assessment is one important component of a physical education curriculum, but it's just the beginning. How do you provide meaningful *physical activity* and help students gain *fitness knowledge* that will not only improve their current levels of physical fitness, but teach them how to stay physically fit *after* they leave school and enter the adult world?

Fitness for Life, from fitness authorities Chuck Corbin, Ruth Lindsey, Guy Le Masurier, Dolly Lambdin, and Meg Grenier, is a complete K-12 program that guides students on the stairway to lifetime activity and fitness. The Fitness for Life program includes middle and high school textbooks that present information about health-related physical activity in a way that gets the message across to students. Through a combination of classroom lessons and related physical activity lessons, these texts provide students the fitness knowledge they need to become responsible for their own physical fitness and develop individualized plans that will help them stay physically fit and healthy for a lifetime. This includes goal-setting, overcoming barriers, self-responsibility, motivation, and more. The K-6 resources includes extensive plug-and-play DVDs and coordinated lesson and activity plans to involve physical educators, classroom teachers, recess leaders, and before- and after-school leaders.

Physical Best is a program of resources and training certifications for K-12 physical educators and students. It provides strategies for teaching health-related fitness and activity concepts through physical activities. The program was developed by the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and is now offered through the National Association for Sport and Physical Education (NASPE). It provides the material teachers need for implementing health-related fitness education, including curriculum development, health-related fitness activities, and educational workshops for teachers.

Resources:

Fitnessgram®/Activitygram®

Fitnessgram & Activitygram Test Administration Manual-Updated 4th Edition By The Cooper Institute

<http://www.fitnessgram.net/home/>

Fitness for Life

Fitness for Life Elementary School Program Package

By Charles Corbin, Guy Le Masurier, Dolly Lambdin, Meg Greiner

Fitness for Life Middle School

By Charles Corbin, Guy Le Masurier, Dolly Lambdin

Fitness for Life-Updated 5th Edition

By Charles Corbin, Ruth Lindsey

<http://www.fitnessforlife.org/>

Physical Best

Physical Education for Lifelong Fitness-3rd Edition

The Physical Best Teacher's Guide

By National Association for Sport and PE (NASPE), Suzan Ayers, Mary Jo Sariscsany

Physical Best Activity Guide, 3rd Edition: Elementary Level

By National Association for Sport and PE (NASPE), Laura Borsdorf, Lois Boeyink

Physical Best Activity Guide, 3rd Edition: Middle and High School Levels

By National Association for Sport and PE (NASPE), Jeff Carpenter, Christina Sinclair

<http://www.humankinetics.com/ppPhysBest/ppPhysBest/physical-best>

