

# Physical Education- High School 3100 & 3101

## Resource List

updated: 06/12/13

### Curriculum Documents

- *A Curriculum Framework for Physical Education: Adjusting the Focus*
- *Physical Education 3100 & 3101 Curriculum Guide: (Interim Edition 2012)*

### Authorized Resources

- *Active for Life – Physical Education in Newfoundland and Labrador (Student Resource)*
- *Active for Life – Physical Education in Newfoundland and Labrador (Teacher Resource)*

### Supplementary Resources

- *Abdominals Exercises*
- *Adapted Games and Activities*
- *Adventure Curriculum for Physical Education: High School*
- *Body Ball Handbook*
- *Body Ball Poster Pack: (4 pack of 12" x18" – laminated)*
- *Co-ed Recreational Games*
- *Complete Physical Education Plans for Grades 7-12*
- *Dumbbell Training Poster*
- *Essentials of Team Building – Principles and Practices*
- *Field Book for Canadian Scouting*
- *Fitness for Life: Activity Pyramid for Teens Poster*
- *Fitness for Life: 5<sup>th</sup> Edition*
- *Gameskills: A Fun Approach to Learning Sport Skills*
- *Hiking and Backpacking*
- *It's Not a Gym Anymore – Teaching Secondary School Students How to Become Active*
- *Jump 2b Fitness*
- *Junkyard Sports*
- *More Innovative Games*

- *More Team Building Activities*
- *More Team Building Challenges*
- *Multicultural Approach to Physical Education*
- *Multicultural Folk Dance Treasure Chest – Vol. 1&2*
- *Quality Lesson Plans for Secondary Physical Education*
- *Sepak Takraw: Just for Kicks Video*
- *Silver Bullets*
- *Sports Progression 2003*
- *Stretching/Flexibility Poster Set*
- *Stretch Tubing Handbook*
- *Stretch Tubing Poster (5 pack of 12" x 18" laminated)*
- *Swiss Ball Exercises*
- *Teaching Orienteering*
- *Takraw: The Complete Instructional Manual*
- *The Great Yoga Handbook*