



Fitness for Life Middle School Teacher's Guide

Guy Le Masurier, Dolly Lambdin, Charles Corbin

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Includes bound-in CD-ROM. Provides five lesson plans for each chapter: two lesson plans for the classroom sessions and three activity plans that supplement and reinforce the classroom content. Most plans are presented in four steps:

- 1. Gathering Information (for classroom lessons), or Instant Activity (for activity lessons)
- 2. Lesson Launcher
- 3. Lesson Focus
- 4. Reflection and Summary

The lesson plans feature these elements:

- -Objectives
- -Performance outcomes related to NASPE standards
- -Activity resources
- -Student worksheets for use in class or as take-home assignments
- -Review quizzes and answer keys
- -Assessment rubrics
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