

**Northwestern School Corporation
Physical Education Curriculum**

Instructional Resources

7th & 8th Grade

Instructional Resources

- Websites
- Videos
- Newspaper/magazine
- Current literature
- Additional support personnel

Basic PE 1 & Basic PE 2

Instructional materials currently used include:

- Informational handouts
- Demonstrations
- Videos
- Skills practice and evaluation
- Fitness testing
- Sport specific equipment
- Fitness circuits
- Self-pulse monitoring

Elective Physical Education 1, 2, 3, & 4

Instructional resources and tools utilized, but not limited to, are listed below:

- Text: James L. Hesson Weight Training for Life (7th edition); Thomson/Wadsworth, 2005
- Performance Training Journal, NSCA
- Handouts
- Videos- Wabash Valley
- Internet lifting technique sites
- Posters
- Training software