



# 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
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