

# Thompson Educational

## Functional Fitness Charts

PHE Manitoba is pleased to once again promote a resource developed by Thompson Educational Publishing – the new Functional Fitness Charts!

Eight new Fitness Chart Kits, carefully crafted for grades K to 12, allow students to become physically fit and physically literate. By targeting the five fundamental movements (squatting, lunging, pushing, pulling, and carrying), students will develop the necessary functional strength to lead healthy lives, whether they choose to compete in sport or simply be active for life.

Each kit contains 40 heavy-duty, 5-mil laminated Fitness Charts, a spiral-bound Teacher's Manual, and accompanying online support. It all comes neatly packaged in a re-useable portfolio that makes packing up and storing easy!

In partnership with leading physical education and health experts, Thompson Educational has created Canada's clearest path to Physical Literacy.

### Grades K-9

1. Yoga I: Begin to Explore
2. Active Start: Fundamental Movements
3. Perfect Practice: Learn to Play
4. Game On: Ready to Play

### Grades 9-12

5. Yoga II: Mind, Body, Soul
6. Body Weight: Everyday Equipment
7. Tubing, Dumbbells, Kettlebell
8. Medicine Ball, Stability Ball, Reaction Ball

## Special Discount for PHE Manitoba Members!

PHE Manitoba has negotiated a group discount for the new Functional Fitness Charts!

**PHE Manitoba Member price: \$255.00 (plus shipping) - a saving of 9% or \$25.00!**

To access the PHE Manitoba Member Pricing and Discount for the Functional Fitness Charts, orders must be placed through the PHE Manitoba office. Complete the following form and send to PHE Manitoba by email.

PHE Manitoba  
319-145 Pacific Ave  
Winnipeg, MB  
R3B 2Z6  
Phone: 926-8357  
Email: [phe.mb@sportmanitoba.ca](mailto:phe.mb@sportmanitoba.ca)



**PHE MB**  
Physical and Health Educators of Manitoba  
**EPS MB**  
Éducateurs d'éducation physique et de santé du Manitoba

# Functional Fitness Charts

## Order Form

School Name: \_\_\_\_\_ Division: \_\_\_\_\_

School Address: \_\_\_\_\_ City/Town: \_\_\_\_\_

Postal Code : \_\_\_\_\_ Phone : \_\_\_\_\_ Fax : \_\_\_\_\_

Contact Name: \_\_\_\_\_ Position : \_\_\_\_\_

Email : \_\_\_\_\_

Grades K-9	Quantity	Grades 9-12	Quantity
Yoga I: Begin to Explore		Yoga II: Mind, Body, Soul	
Active Start: Fundamental Movements		Body Weight: Everyday Equipment	
Perfect Practice: Learn to Play		Tubing, Dumbbells, Kettlebell	
Game On: Ready to Play		Medicine Ball, Stability Ball, Reaction Ball	

<b>Number of charts ordered</b>		<b>+ Shipping (\$15 per chart)*</b>	
<b>X \$255.00</b>		<b>Final Total</b>	

Invoice my School _____	Invoice my School Division _____	Purchase Order # _____
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- \*Shipping charges will be void if you would like to pick up your order from the PHE Manitoba office. To make arrangements, please contact 204-926-8357
- To access the discounted prices you must be a current full PHE Manitoba member.
- Divisional Orders: if you are ordering Fitness Circuit Charts on behalf of the schools in your Division, there must be a current FULL PHE Manitoba membership at each school.
- Pre-Payment is required for all Non-PO's\*

Complete the form and send to PHE Manitoba by email:

**Email:** [pheMB@sportmanitoba.ca](mailto:pheMB@sportmanitoba.ca)



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