
Appropriate Instruction:

- Use of instructional strategies that provide meaningful inclusion of all students regardless of skill or fitness level, gender, race or ethnic group
 - Maximum participation and ample practice opportunities for class activities
 - Well-designed lessons that facilitate student learning
 - Out of school assignments that support learning and practice
 - Appropriate discipline and class management (physical activity should never be used for punishment)
 - Use of regular assessment to monitor and reinforce student learning
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