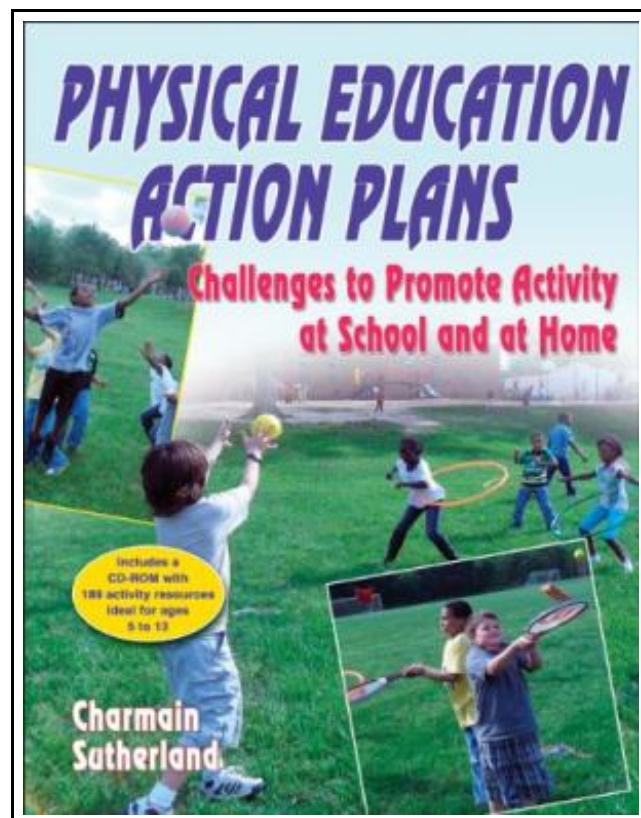


Physical Education Action Plans: Challenges to Promote Activity at School and at Home



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Human Kinetics Publishers, United States, 2011. Paperback. Book Condition: New. Workbook. 277 x 213 mm. Language: English . Brand New Book. We need a way to combat the obesity epidemic and reverse the dangerous trend of sedentary and inactive behavior in children. Physical Education Action Plans: Challenges to Promote Activity at School and at Home contains action plans that teachers, recreation leaders, and parents of children ages 5 to 13 can use to turn this tide and get kids moving and having fun again. According to national physical activity guidelines, kids need 60 minutes of moderate to vigorous physical activity daily, but they don t understand the importance. That s where Physical Education Action Plans comes in. This handy book and CD-ROM package offers -57 engaging action plans and 19 quick activities that can be used in physical education classes or at home with family members, -a rubric that comes with each action plan and guides you in assessing activity, -class challenge activities for students to complete in school, and -take-home challenges for students to do with their family and friends. Each action plan has both a class challenge worksheet and a take-home challenge worksheet. Children complete the take-home challenges with family members, and these challenges are an integral part of promoting activity at home. All class challenge and take-home challenge worksheets are found on the CD-ROM, which also offers other printable materials--including cards, certificates, and station signs--that you can use during PE class. The action plans are grouped around a variety of themes (fitness, strength, agility, speed, flexibility, endurance, physical skills, skill themes, and so on). A comprehensive action plan finder helps you choose just the right action plan for your students according to the NASPE standards or skills involved. Every action plan makes a real-life connection for the...



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