



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

By Ms Charmain Sutherland

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...



[READ ONLINE](#)
[9.35 MB]

Reviews

Comprehensive guide for ebook fanatics. It really is rally fascinating through reading time. Its been designed in an exceptionally simple way and is particularly only following i finished reading this ebook through which really changed me, modify the way in my opinion.

-- **Frederique McClure**

This published pdf is fantastic. It really is rally fascinating through studying time period. I am just very happy to inform you that this is actually the greatest publication i actually have read within my own lifestyle and could be he best ebook for actually.

-- **Noemie Hyatt**