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Promoting Physical Activity and Health in the Classroom

Robert P. Pangrazi, Aaron Beighle, Deb Pangrazi

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Promoting Physical Activity and Health in the Classroom responds to the growing trend in K-6 education, where classroom teachers with no specific Physical Education training must increasingly implement activities in nontraditional settings—often with limited space, equipment, time, and planning. The book is colorful, engaging, compact, and user-friendly. Its practical organization, combined with detachable, sortable index-size cards comprising more than 260 separate activities, enables teachers to implement them immediately and provides a unique resource not previously available to instructors. Improving the Health of America's Children, Understanding Children's Needs and Readiness for Physical Activity, Teaching Physical Activities Safely and Effectively, Improving the Effectiveness of Instruction and Feedback, Management and Discipline in an Activity Setting, Teaching Children with Special Needs, Integrating Physical Activity and Academics, Increasing Student's Activity Levels, Helping Students Develop Physical Fitness, Improving Students' Nutrition, Teaching Sun Safety, Promoting Children's Health Beyond the School Day. Intended for those interested in learning about how to promote physical activity and health in the classroom.

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