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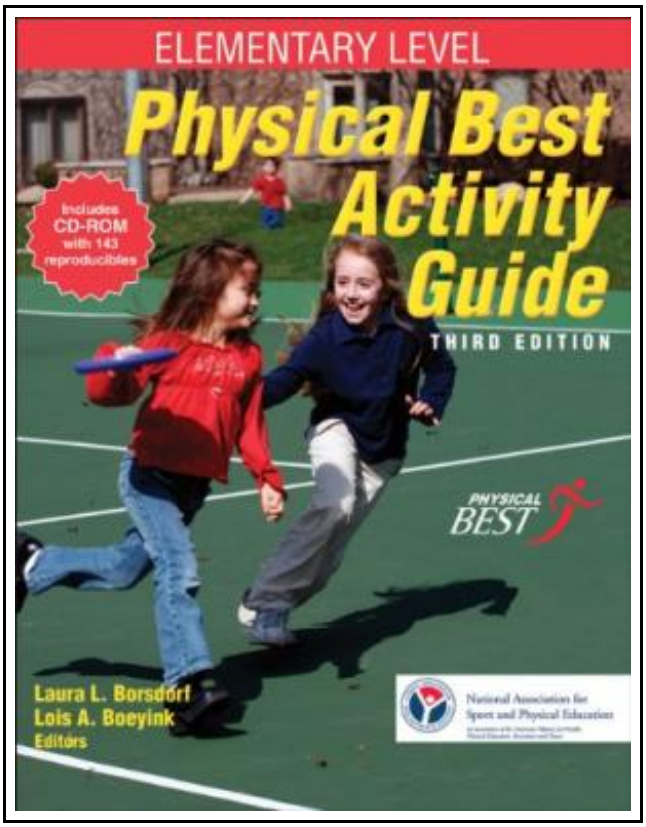

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PHYSICAL BEST ACTIVITY GUIDE, ELEMENTARY LEVEL (MIXED MEDIA PRODUCT)

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Human Kinetics Publishers, United States, 2011. Mixed media product. Book Condition: New. 3rd. 274 x 216 mm. Language: English . Brand New Book. This comprehensive health-related fitness education program is back and better than ever! Developed by top-level physical educators, this third edition will help students gain the knowledge, skills, appreciation, and confidence they need to lead active, healthy lives, regardless of physical and mental abilities or disabilities. Physical Best Activity Guide: Elementary Level has been used with much success across the United States, and for good reason: The text contains 78 easy-to-use activities ranging from noncompetitive to competitive and less demanding to more demanding. It also includes activities that allow for maximum time on task. All the instructional activities address the national physical education standards, dance standards, or health standards. This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States. You will learn how to adapt the activities for all children, regardless of skill level or ability. Students will also learn skills to help them set realistic goals, manage their activity levels, and remain healthy throughout their lives. This text offers the following features: - A new chapter, Combined-Component Training, combines aerobic fitness, muscular strength and endurance, and flexibility into single activities. - A CD-ROM contains a wealth of reproducibles, including charts, posters, signs, station cards, handouts, and worksheets, many of which can be adapted to meet your needs. - A section of Internet resources helps you develop your own special events.

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