



## Teaching Healthy Lifestyles in Middle School PE: Strategies from an Award-winning Program

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By Crystal Gorwitz

Human Kinetics Publishers, United States, 2011. Microfilm. Book Condition: New. 252 x 176 mm. Language: English . Brand New Book. Western society's tendency toward unhealthy lifestyles is well documented. Physical education can be a powerful resource in resisting this trend, helping children build healthy habits that extend not only beyond the classroom but beyond their school years as well. For years, author Crystal Gorwitz has been at the forefront of a wave of healthy changes by developing a high-quality physical education curriculum: Her school has won a PEP grant and two NASPE STARS School awards, and she was honored as NASPE's National Middle School Teacher of the Year in 2004. She shares her award-winning experience in Teaching Healthy Lifestyles in Middle School PE: Strategies From an Award-Winning Program. This guide offers - sample unit plans that pave the way for students to make healthy, lasting changes; - ideas for adding spark to your lessons and including more content on fitness, wellness, and lifestyle; - tips for using heart rate monitors and pedometers in your physical education curriculum; - ideas for working with colleagues, administrators, parents, businesses, and other organizations to enhance and support your physical education program; -...



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