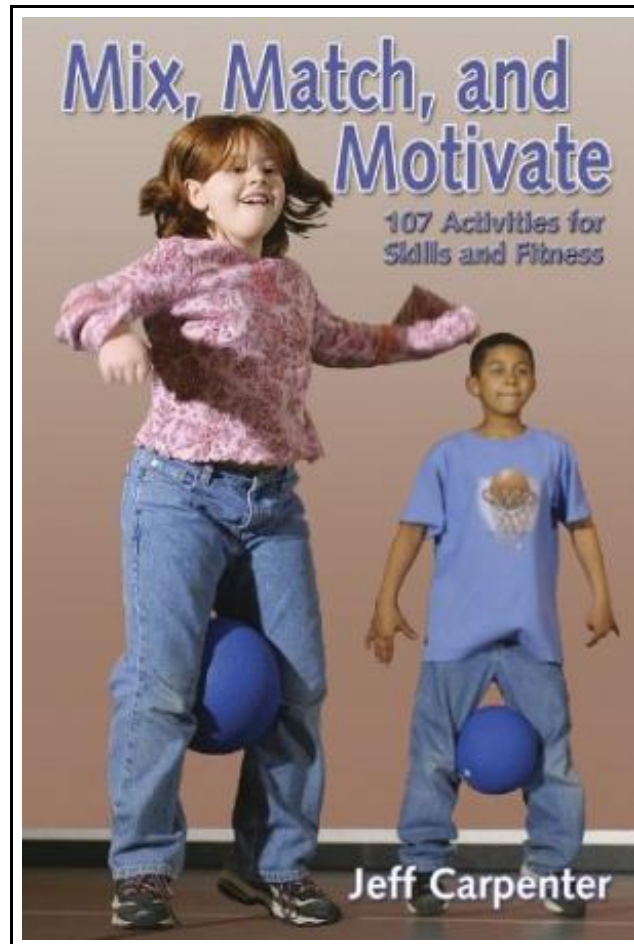# Mix, Match and Motivate: 107 Activities for Skills and Fitness

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Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Michael Spinka)

MIX, MATCH AND MOTIVATE: 107 ACTIVITIES FOR SKILLS AND FITNESS

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Mix, Match and Motivate: 107 Activities for Skills and Fitness, Jeff Carpenter, This book: -Presents activities that allow all students to succeed-Lets you mix and match activities to create varied daily lesson plans-Ensures that your students are meeting the NASPE standards for skill and fitness development-Includes an activity finder to make it easy to select activities that meet your students' needs"Mix, Match, and Motivate" helps you show elementary students that physical activity can be fun and meaningful. It shifts the emphasis away from competitive games in favor of activities that allow all students to succeed, ensuring maximum student involvement and a positive experience for all. These 107 activities take a developmentally appropriate approach to skill development and fitness. You'll be able to meet a range of individual needs while motivating kids to participate in lifelong physical activity and meeting the NASPE standards for skill and fitness development. The book has an easy-to-follow format that allows you to mix and match activities to create a multitude of fresh, new lessons to keep your students moving and learning. Chapter 1 provides straightforward, practical information on developing and implementing a program for maximum student success. Chapters 2 through 5 are organized along the lines of a complete lesson: instant activity and warming up (chapter 2), developing fitness (chapter 3), developing core skills and enhancing motivation (chapter 4), and concluding the lesson and cooling down (chapter 5). Finally, chapter 6 provides ideas for activities that celebrate individual and program success, which involve parents and community members. Several features make this book particularly teacher-friendly. In the opening pages you'll find an activity finder--an easy-to-read chart that summarizes key information about each activity, including the age for which it is intended, the lesson component it covers, and...

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