



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

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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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**