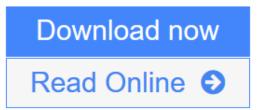


Fitness for Children

Curt Hinson



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In *Fitness for Children*, one of America's best-known elementary fitness educators shares kid-tested strategies for turning children on to health and fitness.

Curt Hinson, veteran elementary physical education specialist and author of the popular *Teaching Elementary Physical Education (TEPE)* column "Tips From the Trenches," offers more than a collection of isolated games and activities. His innovative classroom methods help you lay the foundation for an effective fitness education program.

You'll find 45 activities and strategies as well as 80 exercises and 40 homework assignments that furnish a variety of practical ideas to keep students moving, thinking, and acquiring the skills needed for active living. All of the activities have been used successfully in a variety of physical education settings and enjoyed by children of all ability levels.

For each activity description, you'll find practical techniques to help you put the activity into practice for various grade levels, including

-making equipment,

-motivating students for each activity,

-presenting the activity,

-sharing safety hints, and

-assigning homework.

Each hands-on activity is designed to teach children about important health-related fitness components: cardiorespiratory endurance, muscular strength and endurance, and flexibility. You'll also find a brief survey of goals for teaching fitness, basic fitness and training methods as they apply to elementary-age children, and general teaching techniques.

Fitness for Children provides the tools you need to make fitness instruction an integral part of your physical education curriculum.

From reader reviews:

Ron Lauer:

Here thing why that Fitness for Children are different and trusted to be yours. First of all looking at a book is good however it depends in the content of computer which is the content is as delightful as food or not. Fitness for Children giving you information deeper as different ways, you can find any publication out there but there is no e-book that similar with Fitness for Children. It gives you thrill looking at journey, its open up your personal eyes about the thing which happened in the world which is might be can be happened around you. It is possible to bring everywhere like in park, café, or even in your way home by train. For anyone who is having difficulties in bringing the imprinted book maybe the form of Fitness for Children in e-book can be your option.

Mona Savoy:

The reason? Because this Fitness for Children is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will jolt you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such awesome way makes the content within easier to understand, entertaining method but still convey the meaning entirely. So, it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your expertise and your critical thinking approach. So, still want to hold off having that book? If I had been you I will go to the book store hurriedly.

James Helm:

Your reading sixth sense will not betray you, why because this Fitness for Children book written by wellknown writer whose to say well how to make book that could be understand by anyone who read the book. Written inside good manner for you, still dripping wet every ideas and producing skill only for eliminate your personal hunger then you still question Fitness for Children as good book not only by the cover but also from the content. This is one publication that can break don't evaluate book by its include, so do you still needing a different sixth sense to pick this specific!? Oh come on your reading through sixth sense already told you so why you have to listening to an additional sixth sense.

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