



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.

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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.

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