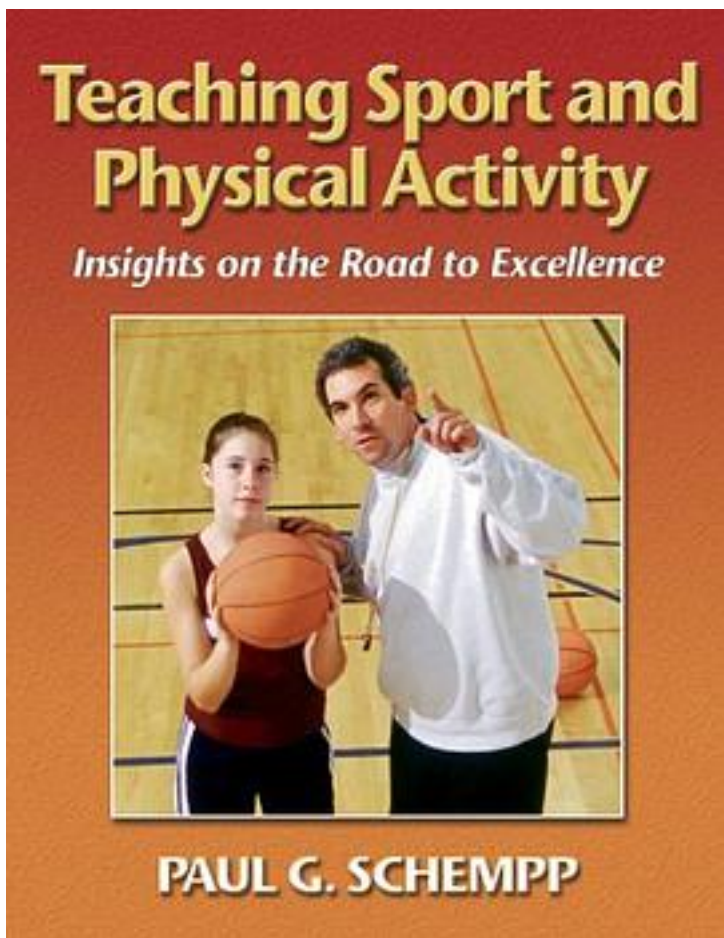


Teaching Sport and Physical Activity



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出版者:Human Kinetics

出版时间:2003-3

装帧:Pap

isbn:9780736033879

This book provides physical education teachers and coaches a blueprint for teaching and sport instruction, based on a blend of practical suggestions and contemporary research in teaching sport and physical activity. Readers should learn the key

techniques and strategies that all successful teachers and coaches use to help their students and athletes learn and achieve success. Key features include end-of-chapter discussion questions and 12 appendices that give the reader samples of lesson plans, take-home practice diaries, teacher-student "contracts", observation forms and PE web sites to reproduce and customise.

作者介绍:

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