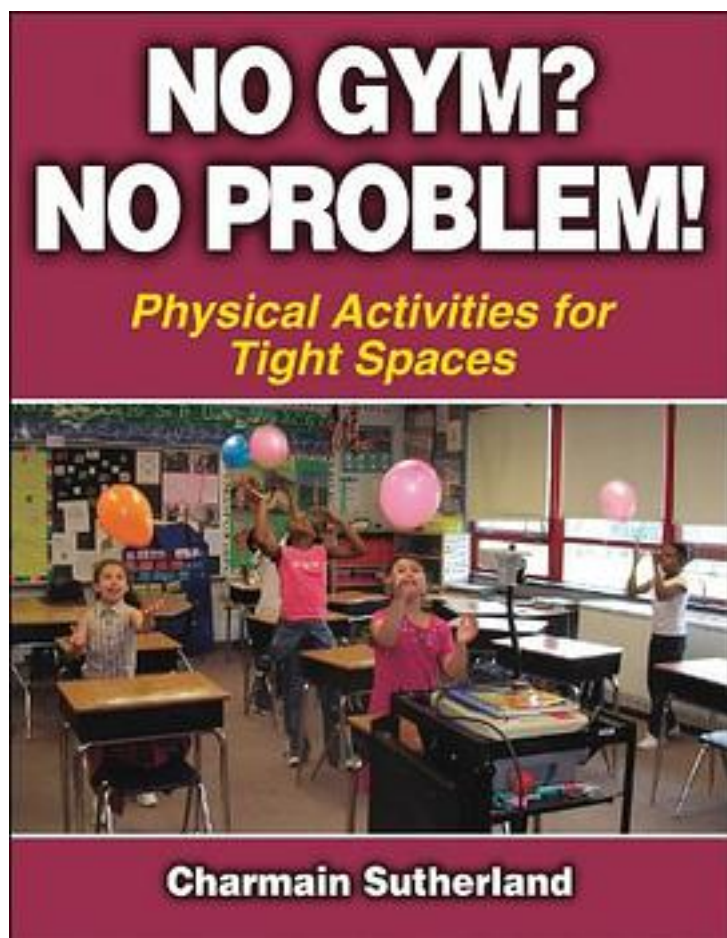


No Gym? No Problem!



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Aimed at PE teachers, coaches and recreation leaders who want to Increase physical activity opportunities for children. All activities and games are designed as a response to the challenges posed by lack of space to do physical activity. Includes a range of

workouts for developing specific skills and improving physical fitness levels, as well as effective warm-ups and cool-downs. Offers management tips to ensure safety for participants. Gives readers the necessary tools to adapt physical activity lessons to any space, without compromising on movement or intensity level.

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