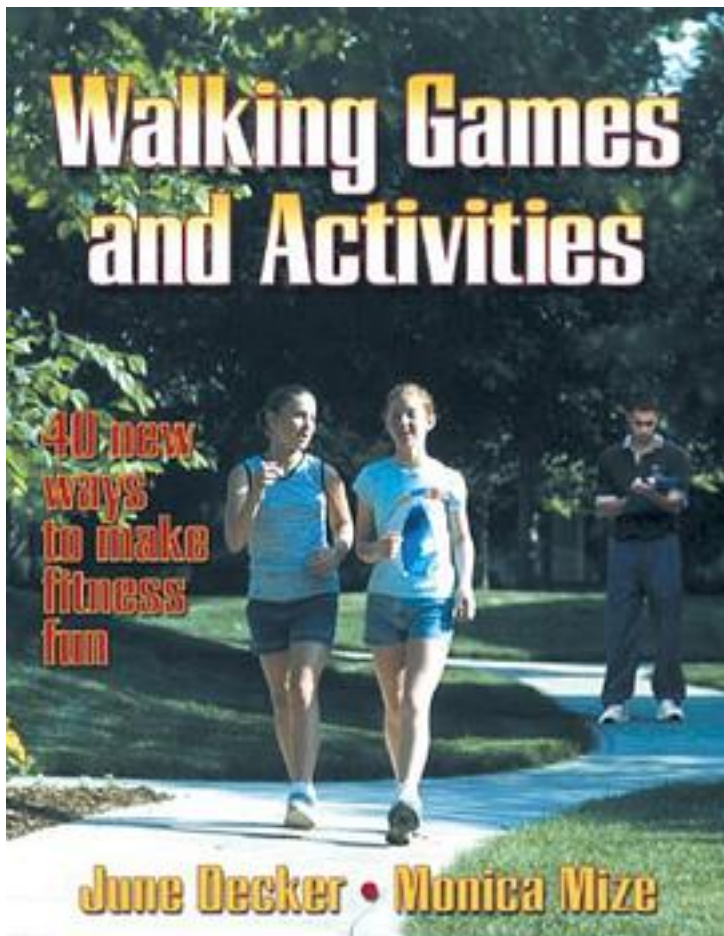


# Walking Games and Activities



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This text combines the principles of fitness and walking as a vehicle for games. It provides 40 walking games and activities ranging from learning activities that reinforce basic health, nutrition and safety concepts to games that emphasize co-operation and

highly aerobic games. As well as improving fitness, the wide range of games and activities presented are designed to improve participant numeracy, vocabulary and communication skills. Each of the 40 activities includes detailed instructions and teaching tips, worksheets for students to complete, as well as detailed teaching instructions, pre-planned units and mini-lectures on topics such as walking form and nutrition. The volume also contains tips for inclusion to show how everyone can have fun and benefit from walking, as well as sample walking units for primary school children through to college students.

作者介绍:

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