

Physical Education Self Management for Healthy, Active Lifestyles

Physical Education Self-Management for Healthy, Active Lifestyles



Jeff Carpenter



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著者:Jeff Carpenter

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This title is aimed at primary and middle school PE teachers. This practical guide shows teachers how to design and implement programmes to help students maintain healthy and active lifestyles. It presents a wide range of individual and team activities appropriate for different ages and ability levels. It provides proven techniques designed to motivate students through self-management, goal setting and self-assessment. Readers will learn how to measure success, improve students' confidence, increase motivation and interest in physical activity. It includes a CD-Rom with ready-to-use worksheets to help students set goals, assess skills, manage activities and much more.

作者介绍:

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