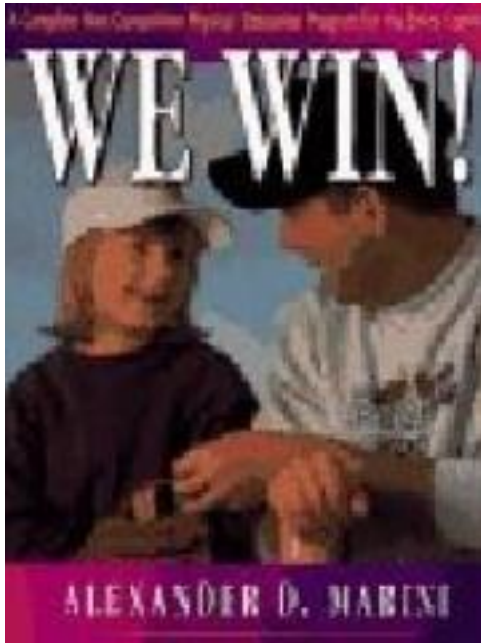


We Win: A Complete Physical Education Program for the Entire Family Without Competition



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著者:

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We Win! is the only physical fitness program written specifically for home schoolers. The author's goal is to prepare children for a life that will bring glory to God while maintaining "God's temple." Topics include general fitness, principles, strength and flexibility exercises, baseball, basketball, soccer, and track and field.

作者介绍:

目录: Philosophy: A biblical basis --
Goals --
Philosophy of games. Preparations: Planning your program --
Equipment. Physical fitness: General fitness principles --
Aerobic exercises --
Strength exercise --
Flexibility exercise. Activities: Skill development --
Work activities --
Activity units --
Game organization --
Badminton unit --
Baseball unit --
Basic ball skills unit --
Basketball unit --
Chase games unit --
Field/gym day --
Football unit --
Frisbee unit --
Gymnastics unit --
Hand/eye coordination unit --
Handball unit --
Locomotor skills unit --
Obstacle course unit --
Paddleball/paquetball unit --
Pillow polo unit --
Ping pong unit --
Relay races unit --
Soccer unit --
Swimming unit --
Tennis unit --
Tetherball unit --
Track and field unit --
Volleyball unit.
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