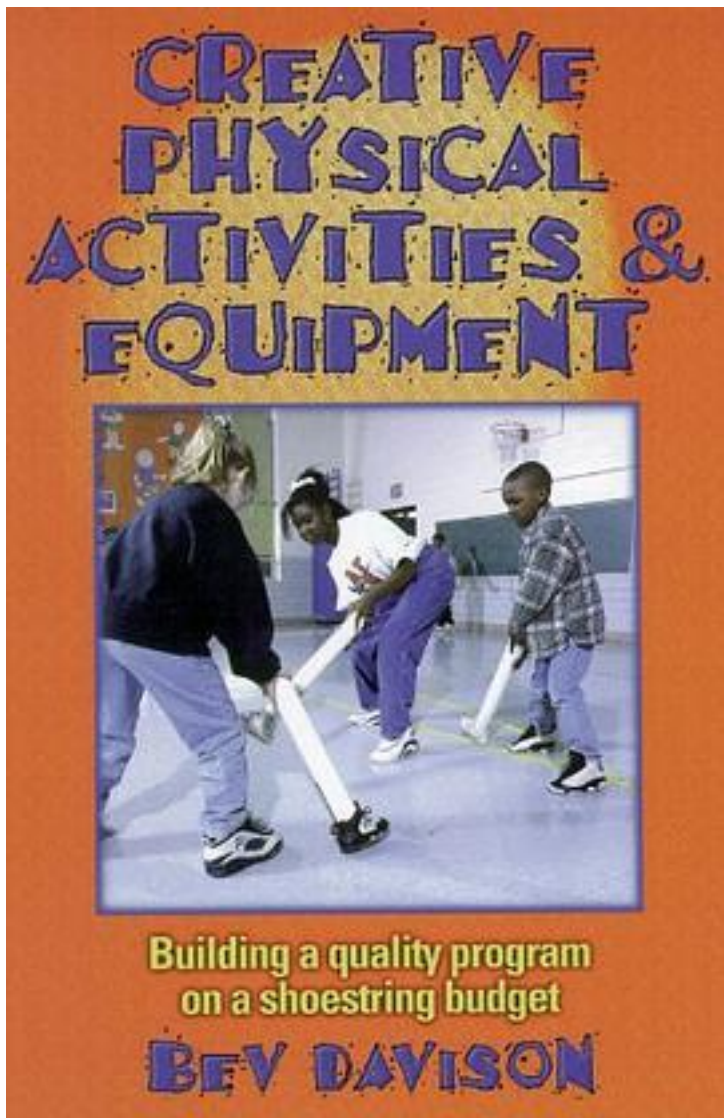


Creative Physical Activities and Equipment



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Veteran physical educator Bev Davison knows how to get the biggest bang for her buck. In *Creative Physical Activities and Equipment*, she shares her secrets of how to expand a physical education or recreation program without exceeding the budget. Davison's practical, ready-to-use strategies help you make the most of your budget, no matter how big or small. But the ideas in this book aren't just easy on the wallet; more equipment means less down time and more opportunities for children to participate and learn. First, you'll discover how to make equipment using inexpensive, readily available materials and even trash. Need some pinnies? Grab a pair of scissors and some old towels and start creating. Are old dryer sheets accumulating in the laundry room? Turn them into juggling scarves. All of the equipment is easy to assemble—no mechanical skill is needed. In addition, the book describes dozens of unique games and activities that use this equipment to teach important skills. Next, the book explains how to use traditional equipment—such as Frisbees and jump ropes—in nontraditional ways and how to extend the life of old or broken equipment, including flat tennis balls and broken badminton racquets. You'll also learn the art of obtaining free equipment. The book provides information on equipment that's free for the asking, items that can be obtained by collecting proofs of purchase, and general budget-stretching ideas. Finally, since some equipment can be quite expensive, fundraising is an occasional necessity. Proving that fundraising does not have to be time-consuming and painful, the book presents ideas for 15 refreshingly creative fundraisers that are easy to organize and execute. Many of them don't require solicitation by students, which means greater parental support and participation. A resource no physical education or recreation program should be without, *Creative Physical Activities and Equipment* can pay for itself after just one use.

作者介绍:

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