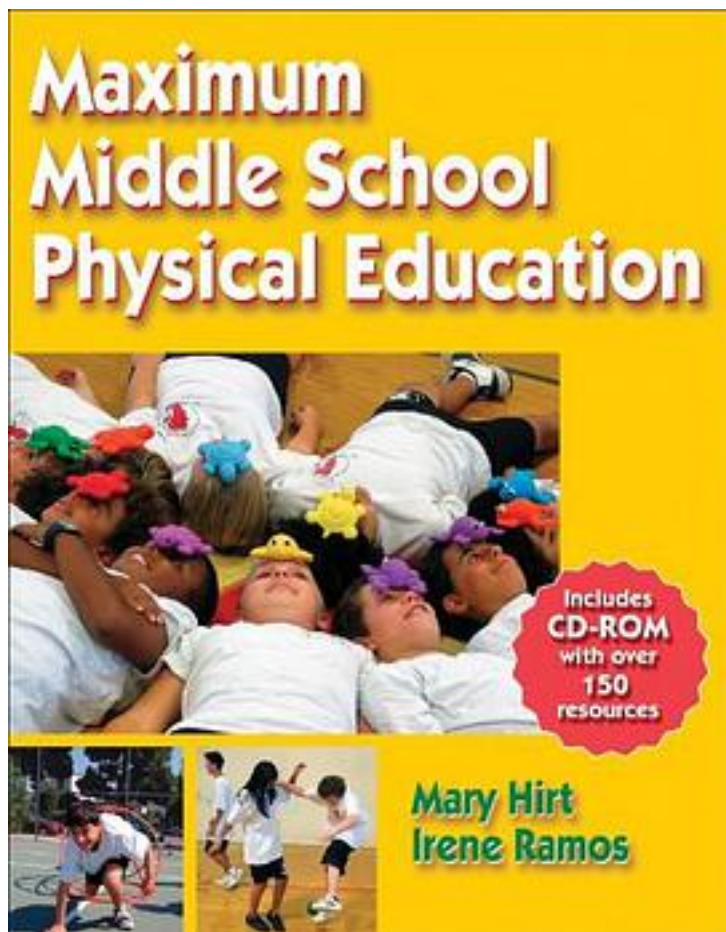


Maximum Middle School Physical Education



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This exciting new book offers a mix of student-centered activities and lesson plans that foster growth, physical skills and knowledge development. It's called maximum physical education because the book and CD-ROM provide much more than just

lesson plans, assessment sheets and activities. This is a detailed guide to a fun-filled experience in physical education. This book will help the reader to capture and keep students attention with activities that encompass fitness exercises, social skills and physical skill development. With this package, the reader will be able to use a wealth of fresh ideas that address the whole student at this vital time of development. The CD-ROM also contains handouts, task cards, posters and station instructions. The book includes thumbnails of the CD-ROM items so that the reader knows when to include them in teaching. The text also provides practical information and suggestions on promoting a programme and making physical education a maximum learning experience for all involved. This book will help empower students to take responsibility for their own activity and fitness and it will help create an environment where students experience maximum success, fun and a love for movement.

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目录:

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