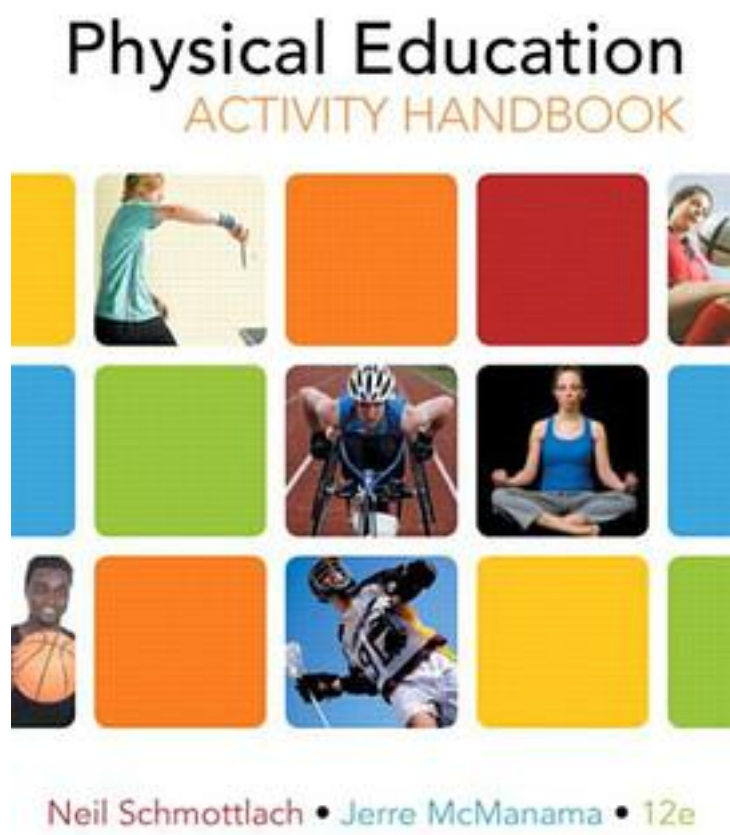


# Physical Education Activity Handbook, The



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The Physical Education Activity Handbook , Twelfth Edition provides existing and future physical education teachers with the content knowledge and teaching techniques they need to offer their students a chance to learn a wide range of

engaging activities. More than 40 activities are explained, with essential information such as equipment, rules, skills and techniques, teaching and learning strategies, and a comprehensive reference section for further expertise. Activity chapters instruct the reader in three key areas: what the activity is, how to do it, and how to teach it to others. Using this book, readers will be fully prepared to offer their students a varied learning experience that is engaging, exciting, and meaningful. The Twelfth Edition features the addition of popular/modern dance coverage, new chapters on Lacrosse and Wrestling, and increased assessment in each activity. Considerations for Effective Skill Learning, Principles of Physical Fitness, Aerobic Dance, Archery, Badminton, Basketball, Bowling, Cycling, Dance, Field Hockey, Football: Flag and Touch, Golf, Gymnastics and Tumbling, Handball and Racquetball, Hiking and Camping, Orienteering, Recreational Sports, Skating: Inline, Soccer, Softball, Speedball, Swimming, Diving and Water Activities, Team Handball, Tennis, Track and Field, Volleyball, Weight Training, Lacrosse, Wrestling, Yoga. MARKET :Intended for those interested in learning the basics of teaching physical education in the classroom.

作者介绍:

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