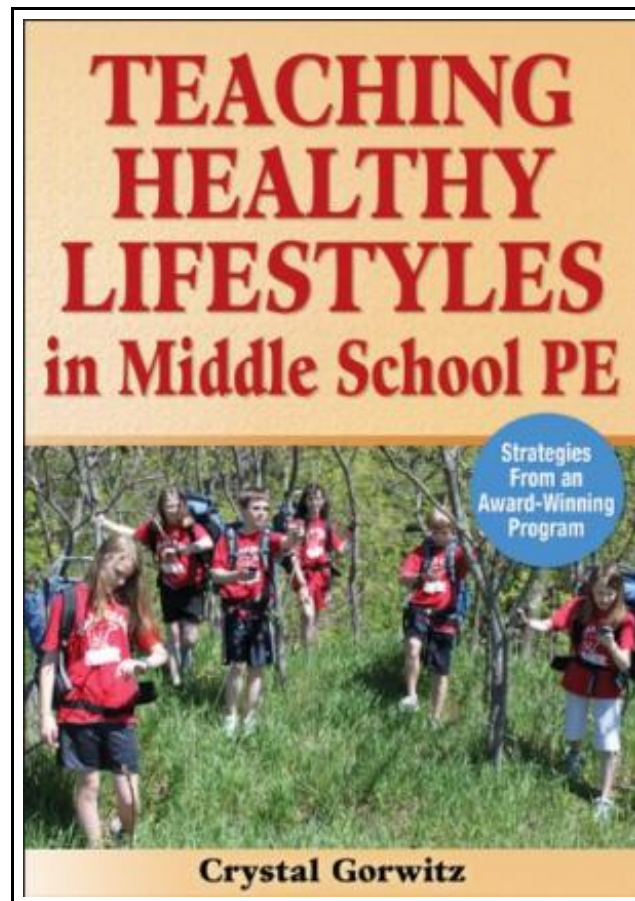


## Teaching Healthy Lifestyles in Middle School PE: Strategies from an Award-winning Program



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Human Kinetics Publishers, United States, 2011. Microfilm. Book Condition: New. 252 x 176 mm. Language: English . Brand New Book. Western society s tendency toward unhealthy lifestyles is well documented. Physical education can be a powerful resource in resisting this trend, helping children build healthy habits that extend not only beyond the classroom but beyond their school years as well. For years, author Crystal Gorwitz has been at the forefront of a wave of healthy changes by developing a high-quality physical education curriculum: Her school has won a PEP grant and two NASPE STARS School awards, and she was honored as NASPE s National Middle School Teacher of the Year in 2004. She shares her award-winning experience in **Teaching Healthy Lifestyles in Middle School PE: Strategies From an Award-Winning Program**. This guide offers - sample unit plans that pave the way for students to make healthy, lasting changes; - ideas for adding spark to your lessons and including more content on fitness, wellness, and lifestyle; - tips for using heart rate monitors and pedometers in your physical education curriculum; - ideas for working with colleagues, administrators, parents, businesses, and other organizations to enhance and support your physical education program; - strategies for building wellness programs for staff and after-school and summer programs for kids; and - ideas for authentic assessment that focus on measures of students health. The first chapter describes how you can embark on the PATH to teach the highest-quality physical education program. The four letters of PATH represent proven teaching strategies that will help you emphasize healthy lifestyles in your program: Planning. Learn how you can set goals for making the changes you want to see in your program and designing your curriculum in thoughtful ways to achieve those goals. Activity. Simply moving is a key to...



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