

DOCUMENT RESUME

ED 289 877

SP 029 802

AUTHOR Pangrazi, Robert P.; Hastad, Douglas M.
TITLE Fitness in the Elementary Schools. A Teacher's Manual.
INSTITUTION American Alliance for Health, Physical Education, Recreation and Dance, Reston, VA.
REPORT NO ISNB-0-88314-331-3
PUB DATE 86
NOTE 77p.; Photographs will not reproduce well.
AVAILABLE FROM AAHPERD Publications, P.O. Box 704, Waldorf, MD 20601 (\$9.95).
PUB TYPE Guides - Classroom Use - Guides (For Teachers) (052)
EDRS PRICE MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS *Adapted Physical Education; Elementary Education; Health Needs; Learning Activities; Life Style; Physical Activities; *Physical Fitness; *Program Development; Program Implementation; Student Evaluation; *Student Motivation

ABSTRACT

This handbook is a compendium of activities for developing physical fitness in children. The text is divided into five sections: (1) children and physical activity; (2) implementing physical fitness programs in school; (3) fitness for special populations; (4) teaching fitness for a lifetime; and (5) fitness activities and routines. These five sections give essential background information and explanations of physical fitness programs and why they are necessary. (JD)

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Fitness In The Elementary Schools A Teachers Manual

Brendan G. Carr



Fitness In The Elementary Schools A Teachers Manual:

Fitness in the Elementary Schools Robert P. Pangrazi, Douglas N. Hastad, 1986-01-01 Resources in Education ,2000
Kentucky State Course of Study and Teacher's Manual for the Elementary Schools, 1925-1929 Kentucky. State Board of Education, 1925 The School Board Guide and Teacher's Manual ... Thomas Preston (Author of The School Board Guide.), 1871 *Research in Education* ,1971 Journal of Health, Physical Education, Recreation ,1961 **The Journal of Health and Physical Education** ,1943 **Teachers' Manual of Biology** Maurice Alpheus Bigelow, 1912 *News Notes of California Libraries* California State Library, 1915 Vols for 1971 include annual reports and statistical summaries
A Classified Catalogue of Educational Works in Use in the United Kingdom and Its Dependencies in 1887 ... ,1887
Physical & Health Education Journal ,2006 Canada's magazine for physical and health educators Newsletter - President's Council on Physical Fitness and Sports President's Council on Physical Fitness and Sports (U.S.), 1969
Resources in Education ,1996 *Teachers' Manual of Free-hand Drawing and Designing* Walter Smith, 1873
Monthly Check-list of State Publications Library of Congress. Division of Documents, 1915 **Healthy from the Start** Marjorie L. Leppo, 1993 The physical fitness status of children ages 6-12 is the topic of discussion in this monograph. The publication is organized into 4 major sections and 17 chapters. The first section, An Introduction to Childhood Fitness, includes 3 chapters: 1. Status of Physical Fitness in U.S. Children, 2. The Public Health Perspective: Implications for the Elementary Physical Education Curriculum, and 3. Understanding Children's Physical Activity Participation and Physical Fitness: The Motivation Factor. Section Two, Fitness Education and Programming, presents the following chapters: 4. Trainability of Prepubescent Children, 5. Current Theories and Training Considerations, 6. Fitness Activities for Children with Disabilities, 7. Weight Control and Obesity, 8. Fitness Education: A Comprehensive Multidisciplinary Approach, and 9. Family and School Partnerships in Fitness. The third section, Fitness Assessment, includes 4 chapters: 10. Physical Fitness Assessment, 11. Motor Fitness: A Precursor to Physical Fitness, 12. Fitness Testing for Children with Disabilities, and 13. The Evaluation of Children's Growth and Its Impact upon Health-related Fitness. The final section, Fitness Applications for the Practitioner, is composed of 5 chapters: 14. Energizing Strategies for Motivating Children toward Fitness, 15. Academic and Physical: A Model for Integration of Fitness Concepts, 16. Teaching Fitness Concepts, 17. Game Boards That Promote Participation in Fitness Activities, and the Learning of Basic Fitness Concepts, and 18. A Practitioner's Guide for Marketing Children's Fitness Programs. The document concludes with figures, tables, and an extensive bibliography. LL Monthly List of State Publications Library of Congress. Division of Documents, 1915 **Bulletin of the Dept. of Elementary School Principals** ,1965 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1963 Includes Part 1 Number 1 Books and Pamphlets Including Serials and Contributions to Periodicals January-June **Report** District of Columbia. Board of Education, 1877

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