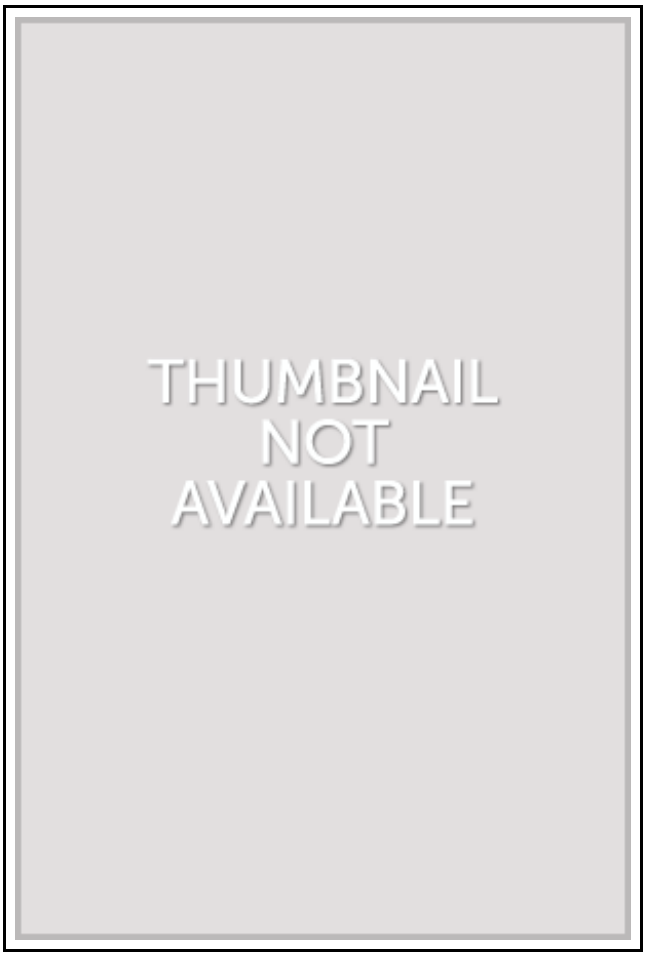
Fitness for Life: Elementary School Classroom Guide: Kindergarten



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FITNESS FOR LIFE: ELEMENTARY SCHOOL CLASSROOM GUIDE: KINDERGARTEN

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Human Kinetics Publishers, United States, 2010. Spiral bound. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. This Fitness for Life: Elementary School classroom guide contains everything you need to deliver standards-based wellness lesson plans to kindergarten students. The guide and its DVD-ROM include the following: - Daily lesson plans for class discussions and activity breaks, which take only a few minutes, fit easily into your schedule, and integrate with other subject matter areas (such as math, social studies, music, and art) - Over two hours of fun plug-and-play video routines (featuring embedded wellness messages) for activity breaks, plus instructional videos to teach the movements - Over 150 printable resources, including full-color signs that reinforce wellness messages, signs and worksheets to decorate, and newsletters to send home to families About the Fitness for Life: Elementary School Program The award-winning Fitness for Life middle and high school programs now have an elementary school companion program. Fitness for Life: Elementary School is a coordinated program that promotes wellness, physical activity, sound nutrition, and healthy lifestyles throughout your entire school. It facilitates total involvement by using physical education lessons, classroom activities and discussions, recess, before- and afterschool activities, cafeteria events, family nights, and more. The program also incorporates nutrition guidelines associated with MyPyramid and introduces the new Physical Activity Pyramid for Kids. All components work together to reinforce targeted educational themes and messages from week to week. The Fitness for Life: Elementary School program enables you to do the following: Teach essential health-related concepts of fitness, physical activity, nutrition, and wellness Meet local and state requirements for daily and weekly physical activity Implement easy-to-follow lessons that are standards based and developmentally appropriate Enhance academic performance and help fight childhood obesity Coordinate efforts among classroom teachers, physical educators, other school...

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