



No Gym No Problem - Physical Activities for Tight Spaces

By Charmain Sutherland

Human Kinetics. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 10.2in. x 8.3in. x 0.8in. Bad weather, lack of facilities, and scheduling conflicts are among the everyday challenges for physical activity providers who are striving to develop consistent daily lesson plans or activities in often-cramped quarters. No Gym No Problem! gives physical educators, recreation leaders, and classroom teachers the tools to deal with and thrive despite issues surrounding limited space. This resource contains nearly 100 activities that may be used individually to enhance existing curriculum or combined to create full-fledged lesson plans that meet specific skills, concepts, or fitness objectives. Whatever the purpose, these activities overcome space limitations, giving children a safe environment in which to learn and grow; use equipment effectively and efficiently in tight spaces; and are specifically designed to minimize prep time and budget demands. Developed by an experienced physical educator and recreation specialist, No Gym No Problem! complies with all of the latest NASPE (2004) national standards to meet the needs of a variety of programs. From warming up and cooling down to working out for fitness and developing sport-specific skills, this book offers both traditional and innovative physical activities: -Activities based on popular dances, game shows, board games, action movies,...



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