



Physical Literacy on the Move: Games for Developing Confidence and Competence (Paperback)

By Heather Gardner

Human Kinetics Publishers, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Authors have addressed physical literacy in books before--but these books have never comprehensively tied theory to practice. Author Heather Gardner has found a way to help K-12 physical and health education teachers bridge this gap in Physical Literacy on the Move. The result? Students not only learn the concepts of physical literacy but also learn to apply those concepts while having great fun and developing skills and self-confidence along the way. 120 Games for Physical Literacy Development This highly practical text applies physical literacy from a holistic point of view that goes beyond acquiring basic sport skills or fitness training. The book focuses on the key concepts of physical literacy as it offers the following: - 120 ready-to-use games and activities appropriate for a variety of accessible settings - Game and activity adaptations to increase or decrease the challenge - Personal reflection self-check questions for each activity to help students consider the movement skills, concepts, and strategies used, as well as relationship and social skills and critical thinking issues - A game finder that helps you find the right kind of game and level of...



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