

BEYOND THE GYM: PHYSICAL ACTIVITY LESSONS



The six books in this series address the initiatives and suggestions presented by the American Heart Association, the National Center for Chronic Disease Prevention, and the U.S. Department of Health and Human Services to combat the growing percentage of obese children in the United States. The lesson plans for physical exercise outlined in each book focus on 36 weeks of easy-to-follow activities, games, and relays for students in kindergarten through fifth grade. These lessons and objectives promote and enhance the National Standards for Physical Education outlined by the National Association for Sports and Physical Education.

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