



Dynamic Physical Education for Secondary School Students

Robert P. Pangrazi, Paul W. Darst

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Dynamic Physical Education for Secondary School Students is a methods book that is geared to teach readers how to create a positive and motivating learning environment through the use of creative curriculum suggestions and activities. Packed with activities, games, teaching strategies, and instructional cues, this book is essential for beginning and experienced teachers alike. The book contains a suggested curriculum format with introductory activities, fitness/activity routines, and lesson focuses that have been field-tested and are arranged systematically for the teacher to use. The book, when tied to the accompanying lesson plan book, becomes a comprehensive curriculum guide for pre-service and in-service teachers for grades 7-12. Enhancing the curriculum and instruction in secondary physical education, the book includes many new and motivating ideas, strategies, and activities. For college instructors and students.

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