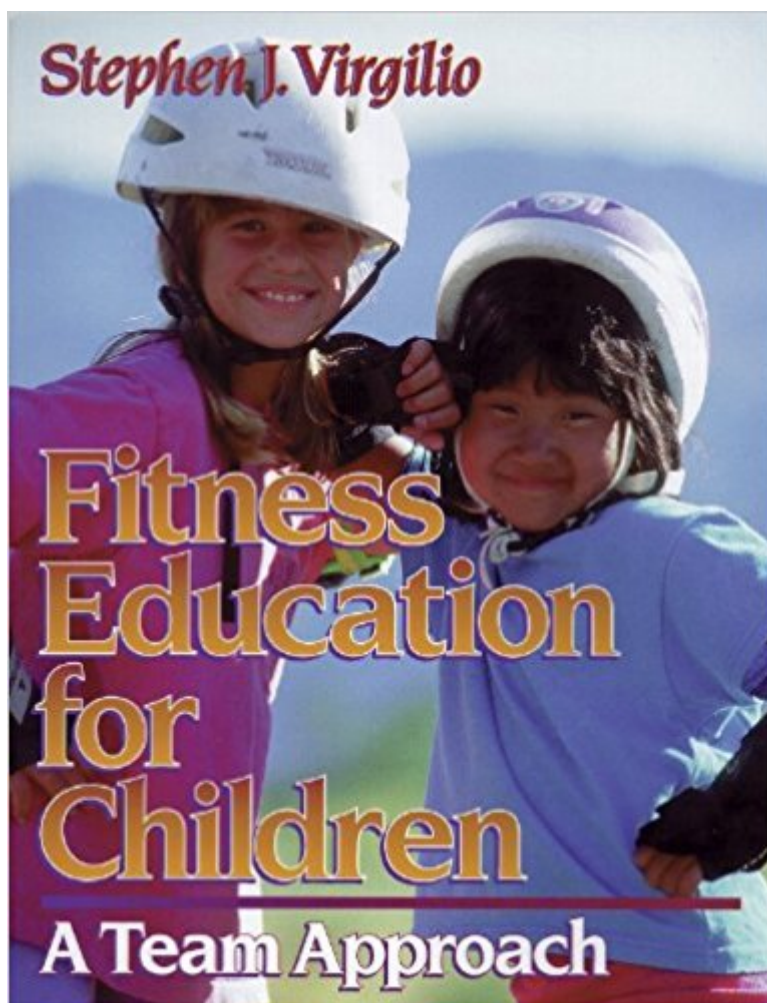


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# Fitness Education For Children: A Team Approach



## Synopsis

Fitness Education for Children provides a multidisciplinary approach to teaching health-related fitness at the elementary school level. Much more than just a games and activities book, this comprehensive resource helps practitioners build successful programs that will meet the challenging health demands of the 21st century. Written by the coauthor of the nationally known Heart Smart Program, Fitness Education for Children emphasizes the need to make developing healthy lifestyles a team effort. In order to reinforce the benefits of physical activity both in and out of the school setting, the book presents ideas that involve not only physical education teachers but also classroom teachers, school lunchroom personnel, health service professionals, parents, and community members. Loaded with ready-to-use information, Fitness Education for Children is a practical, time-saving resource. It helps you plan and implement a fitness education program by providing a sample yearly plan and lesson plans; a sample thematic unit; 17 learning activities for integrating specific fitness concepts into your classes; more than 100 developmental exercises, games, and dance and rhythmic activities; and 11 school-wide events. You'll also find many other special features such as reproducible instructional materials, sample letters and contracts, authentic assessment instruments, a fitness education portfolio, task card samples, motivational strategies, and guidelines for including children with disabilities. Whether used as a blueprint for program development or as a resource to supplement and enrich an existing curriculum, this versatile guide gives you all the tools you need to promote healthy, active lifestyles to elementary school-aged children.

## Book Information

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## Customer Reviews

Stephen J. Virgilio is an associate professor of physical education at Adelphi University, Garden City, New York. He was an elementary physical educator for six years before earning his PhD from Florida State University in 1979. He is the coauthor of the Heart Smart Program, a comprehensive cardiovascular health education model for elementary schools, and the principal author of SuperKids-SuperFit, a physical activity curriculum designed for the Heart Smart Program. Dr. Virgilio has published extensively throughout his career and has provided presentations for major conferences at the national, international, regional, and state levels. He is also a popular consultant and workshop presenter to school districts throughout the United States. He serves on the Board of Directors of the American Heart Association, Long Island, and on the editorial board for Teaching Elementary Physical Education. He is a member of the American Alliance for Health, Physical Education, Recreation and Dance; the Association for Supervision and Curriculum Development; and Phi Delta Kappa. In his spare time, Steve coaches Little League and enjoys jogging, tennis, mountain biking, world economics, and family activities. He lives in East Williston, Long Island, New York, with his wife, Irene, and their two sons, Stephen and Joseph.

I got my book within a few days since we were in the same state. I was impressed on how quick it got to me. The book is ok. I was hoping for something a little different offered in the book. It however is very informative.

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