



# Contents

<b>About the Authors</b>	<b>xi</b>
<b>Preface</b>	<b>xii</b>
<b>Special Features of This Text</b>	<b>xiv</b>
<b>Text Overview and Organization</b>	<b>xvii</b>
<b>Acknowledgments</b>	<b>xx</b>

## 1

### **Improving the Health of America's Children 2**

#### **The Need for Active and Healthy Schools 4**

The Number of Overweight Children Is Increasing 4

Childhood Overweight Predicts Adult Obesity 5

Physical Activity Improves Children's Health 6

Physical Activity Can Improve Academic Performance 6

Active Children Become Active Adults 6

#### **America's Wellness Mandate: The WIC Reauthorization Act 7**

#### **The Active and Healthy School Environment 8**

Quality Physical Education 8

Physical Activity Breaks 9

Nutrition and Healthful Eating Activities 10

Sun Safety Instruction 11

Before- and After-School Programs 12

Classroom Teacher Involvement 13

Parental Involvement 13

Community Involvement 15

### **Incorporating Physical Activity into Your Classroom 17**

#### **Content Standards for Physical Education 19**

Standard 1 20

Standard 2 21

Standard 3 21

Standard 4 22

Standard 5 23

Standard 6 23

## 2

### **Understanding Children's Needs and Readiness for Physical Activity 30**

#### **Understanding the Needs of Children 32**

The Need for Movement 32

The Need for Success and Approval 32

The Need for Peer Acceptance and Tolerance 32

The Need to Cooperate and Compete 32

The Need for Physical Competency 33



The Need for Adventure and Novelty 33

The Need for Creative Satisfaction 33

The Need for Rhythmic Expression 33

The Need to Know 33

**Understanding the Characteristics of Children 34**

Growth Patterns 34

Strength and Endurance 40

Maturation 41

Capacity for Aerobic Activity 42

Ability to Endure Heat Stress 45

**Understanding Children's Skill Development 47**

Sequence of Skill Development 48

Stages of Skill Development 48

3



**Teaching Physical Activities Safely and Effectively 56**

**Preparing the Space for Physical Activity 58**

Predetermine Your Instructional Space Needs 58

Plan for the Appropriate Amount and Type of Equipment 59

Distribute Equipment Effectively 60

Modify Equipment as Appropriate 60

**Promoting a Safe Environment 61**

Write Down, Communicate, and Practice Safety Rules 61

Properly Supervise Activities 61

Provide Adequate and Appropriate Instruction 63

Avoid Using Physical Activity for Punishment 65

**Designing Effective Practice Sessions 66**

Manage the Level of Arousal 66

Focus Practice on Process 67

Encourage Mental Practice 67

Decide on Whole or Part Practice 67

Consider the Length and Distribution of Practice Sessions 68

Use Random Practice Techniques 69

Offer Variable Practice Experiences 69

**Fostering the Development of Sport Skills 70**

Integrate Simple Mechanical Principles 71

Throwing 74

Catching 77

Kicking 78

Striking 80

**Helping Children Participate in Sports and Games 82**

Avoid Early Specialization 82

Avoid Labeling Students 83

Avoid Early Pressure to Excel 83

4

**Improving the Effectiveness of Instruction and Feedback 90**

**Characteristics of an Effective Learning Environment 92**

## **Improving the Effectiveness of Your Instruction 93**

- Design Measurable Student Outcomes 93
- Determine the Students' Skill Level 94
- Use an Anticipatory Set 95
- Make Skill Instruction Meaningful 96
- Use Instructional Cues 97
- Demonstrate Skills 98
- Check for Understanding 99
- Offer Guided Practice 100
- Monitor Class Performance 100
- Bring Closure 101

## **Improving the Effectiveness of Your Feedback 102**

- Use the Appropriate Type of Feedback 102
- Make Feedback Statements Specific, Focused, and Concise 104
- Offer Feedback Immediately, but Allow Time for Improvement 105
- Distribute Feedback Evenly 106
- Use Nonverbal Feedback 106

## **Considering Your Students' Personal Needs 107**

- Teach for Diversity 107
- Avoid Gender Stereotyping 110
- Allow Students to Participate in Decision Making 112
- Personalize Instruction 113

## **Communicating with Empathy and Understanding 114**

- Be an Effective Speaker 114
- Be an Effective Listener 116

# 5



## **Management and Discipline in an Activity Setting 122**

### **Use Proper Teaching Behaviors 124**

- Develop an Assertive Communication Style 125
- Create a Personal Behavior Plan 127
- Be a Leader, Not a Friend 128
- Communicate High Standards 128
- Try to Understand Why Students Misbehave 128
- Avoid Giving Feedback That May Cause Backlash 129

### **Define Class Procedures, Rules, and Consequences 130**

- Step 1: Determine Class Management Routines 130
- Step 2: Determine Rules for the School Year 131
- Step 3: Define Consequences When Rules Are Not Followed 132
- Step 4: Share Your Rules with Parents, Teachers, and Administrators 132
- Step 5: Have the Class Practice Rules Systematically 132

### **Incorporate Efficient Management Skills 133**

- Deliver Instruction Efficiently 133
- Start and Stop a Class Consistently 134

- Move Students into Groups and Formations Quickly 135
- Use Equipment Effectively 137

**Teach and Increase Acceptable Student Behavior 137**

- Teach, Post, and Reinforce Levels of Responsibility 138
- Employ Strategies for Increasing Responsible Behavior 140
- Prompt Acceptable Behavior 141
- Reinforce Acceptable Behavior 142
- Shape Acceptable Behavior 144

**Decrease Unacceptable Student Behavior 145**

- Deliver Corrective Feedback Respectfully 145
- Apply Consequences 147
- Use Criticism Sparingly 150
- Make Punishment a Last Resort 151

**Establish Procedures for Resolving Conflict 152**

- Use Teacher-Directed Conflict Resolution 153
- Encourage Peer-Directed Mediation 154

**6**

**Teaching Children with Special Needs 162**

**Legislative Requirements 164**

- Federal Legislation 164
- Least Restrictive Environment 165
- Mainstreaming for Physical Activity 166

**Screening and Assessment 167**

- Due Process Procedures 167

- The Impact of Diversity on Assessment 168

**Developing an Individualized Education Program 169**

- Content of the IEP 169
- Formulating and Implementing the IEP 171

**A Systematic Approach to Effective Mainstreaming for Physical Activity 172**

- Determine What Support Is Necessary 173
- Learn About the Child 173
- Teach Tolerance to All Students 173
- Modify Your Instruction 174
- Modify Activities for Student Success 175
- Integrate Students with Special Needs into the Activity Session 180

**7**



**Integrating Physical Activity and Academics 186**

**Why Integrate? 188**

**Types of Integration 189**

**Academic Integration Activities 192**

- Math 192
- Language Arts 196
- Science 200
- Social Studies 202

## 8

**Increasing Students' Activity Levels 210****Understanding Physical Activity 212**

Levels of Physical Activity 212

The Benefits of Moderate to

Vigorous Physical Activity 213

**Recommendations for Children's Physical Activity 214**

NASPE Activity Guidelines for Elementary School Children 214

The Physical Activity Pyramid 216

**Structuring the Playground to Increase Physical Activity 220**

Make an Activity-Friendly Playground 220

Supervise the Playground Actively 223

**Monitoring Physical Activity: The Case for Pedometers 226**

Help Students Set Realistic Goals 227

Teach Students About Pedometer Placement and Accuracy 228

Using Pedometers in a Class Setting 230

Suggested Pedometer Activities 231

**Promoting Walking: The Real Lifetime Activity 233**

Benefits of Walking 233

Walking and Weight Management 233

Recommendations for Walking 235

Implementing a School Walking Program 236

Suggested Walking Activities 237

## 9

**Helping Students Develop Physical Fitness 246****Types of Physical Fitness 248**

Health-Related Physical Fitness 249

Skill-Related Physical Fitness 250

**Common Questions About Children's Fitness 252**

How Effective Is Fitness Training for Children? 252

What Factors Influence Children's Fitness? 252

Are Fitness Awards Effective? 254

**Promoting a Positive Attitude Toward Fitness 255**

Be a Role Model 255

Expose Students to a Variety of Fitness Activities 255

Personalize Fitness Activities 255

Challenge Children Appropriately 256

Start Easy and Progress Slowly 256

Encourage Activity of Low to Moderate Intensity 256

Give Students Positive Feedback About Their Efforts 256

Avoid Harmful Practices and Exercises 257

**Implementing Fitness Routines 258****Fitness Activities for Children in Kindergarten Through Second Grade 259**

Arm-Shoulder Girdle Strength Challenges 260

Abdominal Strength Challenges 262

Trunk Development Challenges 263

Leg Development and Cardiovascular  
Endurance Challenges 263

**Fitness Activities for Children in  
Third Through Sixth Grade 265**

- Flexibility Exercises 266
- Arm-Shoulder Girdle Exercises 267
- Abdominal Exercises 268
- Leg and Agility Exercises 270
- Trunk-Twisting and Bending  
Exercises 272
- Examples of Fitness Routines 273
- Fitness Games 277

10

**Improving Students' Nutrition 284**

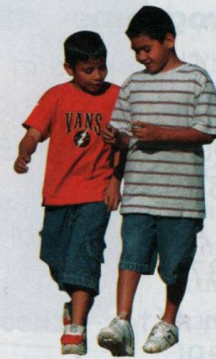
**Schoolwide Strategies for  
Improving Students' Nutrition 286**

- Form a School Health Committee 287
- Conduct Some Initial Research 288
- Develop an Action Plan 288
- Establish Policies Promoting Healthful  
Nutrition 289
- Reflect, Evaluate, and Progress 294

**Classroom Strategies for Improving  
Students' Nutrition 294**

- Gather Data About Students' Eating  
Behaviors 295
- Teach the Basics of Good  
Nutrition 296
- Teach Age-Appropriate Weight  
Management 298
- Reinforce Students in Making  
Healthful Food Choices 298
- Involve Parents 298

11



**Teaching Sun Safety 310**

**Understanding Ultraviolet  
Radiation 312**

- Factors Affecting UV Exposure 312
- The UV Index 313
- Benefits of Exposure to UV  
Radiation 314
- Risks of Exposure to UV  
Radiation 315
- Effects of Sunscreens on UV  
Exposure 318

**Implementing a Sun-Safety  
Program 320**

- Schoolwide Initiatives 320
- Sun-Safety Behaviors for  
Students 321
- Sun-Safety Teaching Tools 323

12

**Promoting Children's Health  
Beyond the School Day 330**

**Health-Promoting Homework 332**

- Benefits of Health-Promoting  
Homework 334
- Guidelines for Assigning Health-  
Promoting Homework 334

## After-School Programs 335

Benefits and Challenges of After-School Programs 335

Assuring a Quality After-School Program 336

Selecting an After-School Program 337

Developing an After-School Program 339

## Family and Community Involvement 340

Include Education for Families in Children's Health Initiatives 340

Help Families Increase Their Activity Level 341

Promote Family Pedometer Activities 341

Community-Based Efforts to Promote Children's Health 344

**Appendix A: Sample Lesson Plans (K-2, 3-4, 5-6) 350**

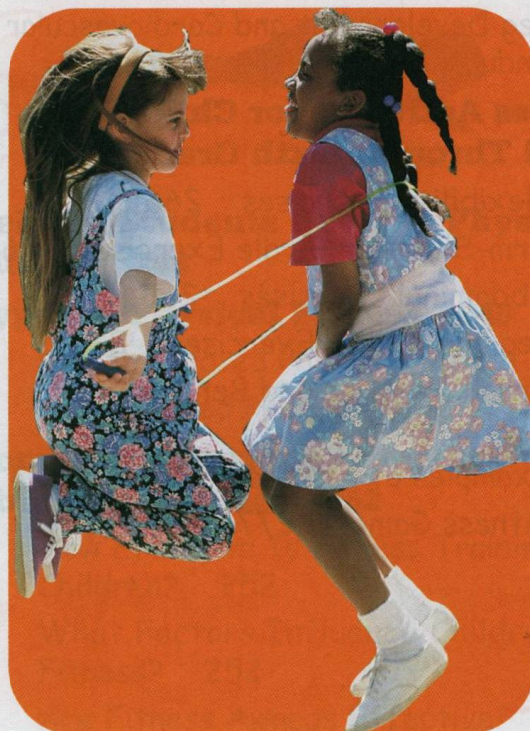
**Appendix B: Activity Cards Quick Reference Guide 356**

**Appendix C: Definitions of Academic Concepts 365**

**Appendix D: National Association for Sport & Physical Activity (NASPE) Standards 369**

**Glossary 370**

**Index 373**



## Activity Card Content Areas

**Implementing the Instructional Activities (Grades K-6) 11 cards**

**Classroom-Based Activities (Grades K-2, 3-6) 68 cards**

**Large Area Activities (Grades K-2, 3-6) 46 cards**

**Basic Skills (Grades K-2) 36 cards**

**Sports on the Playground (Grades 3-6) 37 cards**

**Multicultural Activities (Grades K-6) 28 cards**

**Nutrition and Sun Safety Activities (Grades K-6) 18 cards**

**Health and Fitness Activities (Grades K-6) 24 cards**