CONTENTS

Preface xiii Acknowledgments xvii

PART I PHYSICAL EDUCATION, PHYSICAL ACTIVITY, AND YOUTH

1 Elementary School Physical Education 1

What Is Physical Education? 2 • Essential Components of a Quality Physical Education
Program 3 • Current Status of Physical Education in the United States 5 • Need
for Physical Education Programs 6 • Physical Educators Promoting Physical
Activity 7 • Content of Physical Education 8 • SHAPE America National Standards for
Physical Literacy 8 • Evolution of Elementary School Physical Education 13 • Learning
Aids 18

2 Growth and Development 21

Physical Growth and Development 22 • Helping Children Find Success in Physical Activity 30 • Safety Guidelines for Physical Activity 37 • Learning Aids 41

3 Youth Physical Activity and Schools 43

Benefits of Physical Activity 44 • Current Physical Activity Recommendations 46 • Current
Youth Physical Activity 49 • Moderate to Vigorous Physical Activity
(MVPA) 50 • Physical Education and Physical Activity Promotion 50 • Cornerstones
of Our Profession 51 • School-Based Physical Activity Promotion 53 • CSPAP
Leader 59 • Getting Started 60 • Learning Aids 62

PART II INSTRUCTION AND ADMINISTRATION

4 Curriculum Development 65

Designing a Quality Curriculum 67 • Step 1: Develop a Guiding Philosophy 67 • Step 2: Define a Conceptual Framework for the Curriculum 68 • Step 3: Consider Environmental Factors 69 • Step 4: Determine Content Standards 70 • Step 5: Select Child-Centered Activities 71 • Step 6: Organize Selected Activities Into Instructional Units 72 • Step 7: Evaluate and Modify the Curriculum 79 • Learning Aids 81

5 Lesson Planning 83

Steps to Developing a Lesson Plan 84 • Other Considerations When Planning Lessons 87 • Choose an Instructional Formation 90 • Reflective Teaching 90 • Learning Aids 95

6 Improving Instructional Effectiveness 97

Characteristics of a Quality Lesson 98 • Incorporate Essential Elements of Instruction 99 • Provide Instructional Feedback 105 • Consider the Personal Needs of Students 108 • Employ Effective Communication Skills 113 • Evaluate Your Instructional Effectiveness 115 • Learning Aids 123

7 Management and Discipline 125

Effective Management and Discipline: A Coordinated Approach 126 • Use Proper Teaching Behaviors 127 • Define Class Procedures, Rules, and Consequences 130 • Incorporate Efficient Management Skills 132 • Teach Acceptable Student Behavior 138 • Use Behavior Management to Increase Acceptable Behavior 143 • Decrease Unacceptable Behavior With Discipline 146 • Use Criticism Sparingly 151 • Expulsion: Legal Considerations 153 • Learning Aids 153

8 Assessment 155

Assessment 156 • Assessment of Students 158 • Monitoring Physical Activity 167 • Grading 177 • Program Accountability 181 • Evaluate Your Program 182 • Learning Aids 186

9 Children With Disabilities 189

Least Restrictive Environment 191 • Inclusion 191 • Screening and Assessment 192 • Understanding an Individualized Education Program (IEP) 193 • Successful Inclusion 197 • Recruiting Paraeducators and Volunteers 204 • Learning Aids 205

10 Integrating Health Concepts 207

What Is Integration? 208 • Why Integrate Health Concepts? 209 • Types of Integration 209 • How to Integrate Health Content 210 • Health Education 211 • Health Activities 212 • Learning Aids 219

11 Legal Liability, Supervision, and Safety 221

Torts 222 • Negligence and Liability 222 • Types of Negligence 223 • Common Defenses Against Negligence 224 • Areas of Responsibility 225 • Safety 229 • Equipment and Facilities 232 • Personal Protection: Minimizing the Effects of a Lawsuit 234 • After-School Sports Programs 236 • Learning Aids 237

12 Facilities, Equipment, and Supplies 238

Outdoor Facilities 239 • Safety on the Playground 239 • Indoor Facilities 241 • Equipment and Supplies 243 • Purchasing Policies 244 • Indoor Equipment 245 • Equipment and Supplies for Physical Education 247 • Storage Plans 249 • Care, Repair, and Marking 249 • Constructing Equipment and Supplies 250 • Learning Aids 263

2

PART III FOUNDATIONAL SKILLS

13 Introductory Activities 265

Introductory Activities Using Locomotor Movements 266 • Rhythmic Introductory Activities 268 • Introductory Activities With Equipment 269 • Partner and Small-Group Introductory Activities 270 • Creative Introductory Activities 271 • Tambourine-Directed Activities 272 • Games and Miscellaneous Activities 272

14 Physical Fitness 273

Definitions of Physical Fitness 274 • Children and Fitness Testing 276 • Fitness-Testing Issues 278 • Create Positive Attitudes Toward Fitness 283 • Develop an Understanding of Physical Fitness Principles 285 • Avoid Harmful Practices and Exercises 286 • Implement a Yearlong Fitness Plan 287 • Implementing Fitness Routines 287 • Fitness Activities for Developmental Level I 288 • Fitness Activities for Developmental Levels II and III 294 • Learning Aids 318

15 Movement Concepts and Themes 321

Classification of Human Movement Concepts 323 • Teaching Movement Skills and Concepts 324 • Movement Skills and Concepts Lesson Plans 326 • Teaching Movement Themes 327 • Learning Aids 335

16 Locomotor and Nonlocomotor Skills 336

Fundamental Skills 337 • Locomotor Skills 337 • Nonlocomotor Skills 344 • Learning Aids 350

17 Manipulative Skills 351

Manipulative Skills 352 • Manipulative Skill Activities 356 • Activities With Balloons and Beach Balls 358 • Activities With Beanbags 359 • Activities With Balls 361 • Juggling 365 • Activities With Scoops and Balls 369 • Bowling Activities 370 • Activities With Wands 371 • Activities With Hoops 375 • Activities With Jump Ropes 377 • Pre–Rope-Jumping Skills 377 • Long-Rope Jumping 379 • Double Dutch (Two-Rope) Jumping 383 • Individual Rope Jumping 384 • Footbag Activities 391 • Rhythmic Gymnastics 392 • Learning Aids 396

PART IV SPECIALIZED SKILLS

X

18 Body Management Skills 397

Safe and Effective Use of Apparatus 398 • Activities With Climbing Ropes 398 • Activities

on Balance Beams 402 • Activities on Benches 404 • Activities With Jumping Boxes 407 • Activities With Individual Mats 408 • Activities With Magic Ropes (Jump Bands) 410 • Activities With Partner Tug-of-War Ropes 411

19 Rhythmic Movement Skills 414

Implementing the Rhythmic Movement Program 415 • Creative Rhythms 416 • Folk Dances 418 • Progression of Folk Dances 422 • Developmental Level I Dances 424 • Developmental Level II Dances 434 • Developmental Level III Dances 450 • Introductory Square Dance 461 • Culminating Events for the Rhythms Unit 464 • Learning Aids 464

20 Gymnastics-Related Skills 465

Progression and Developmental Level Placement 466 • Instructional Methodology for Gymnastics 467 • Safety Considerations 468 • Instructional Procedures 469 • Developmental Level I Activities 472 • Developmental Level II Activities 482 • Developmental Level III Activities 497 • Learning Aids 510

21 Cooperative Skills 511

Role of Cooperative Activities 512 • Teaching Cooperative Activities 512 • Group Challenges 513 • Activities With Parachutes 521 • Learning Aids 524

22 Game Skills 525

Evaluating Games 526 • Creating or Modifying Games 526 • Cooperation and Competition 527 • Safety 527 • Teaching Games Effectively 527 • Selection of Games 528 • Sport Lead-Up Games 532 • Developmental Level I 532 • Developmental Level II 546 • Developmental Level III 557 • Miscellaneous Playground Games 565 • Relays 567 • Learning Aids 574

PART V LIFETIME ACTIVITIES AND SPORTS SKILLS

23 Lifetime Activities 575

Walking 577 • Orienteering 580 • Tennis 583 • Badminton 590 • Discs 594 • Bowling 598 • Learning Aids 600

24 Basketball 601

Instructional Emphasis and Sequence 602 • Basketball Skills 602 • Instructional Procedures 607 • Basic Basketball Rules 607 • Basketball Drills 609 • Basketball Activities 615 • Basketball Skill Tests 619 • Learning Aids 620

25 Football 621

Instructional Emphasis and Sequence 622 • Football Skills 622 • Instructional Procedures 626 • Football Drills 626 • Football Activities 628 • Football Skill Tests 632 • Flag Football Formations 632 • Learning Aids 634

26 Hockey 635

Hockey Skills 636 • Instructional Procedures 640 • Hockey Drills 640 • Hockey Activities 642 • Hockey Skill Tests 645 • Learning Aids 645

27 Soccer 646

Modifications of Soccer for Children 647 • Instructional Emphasis and Sequence 647 • Soccer Skills 648 • Soccer Drills 653 • Basic Soccer Rules for Lead-Up Games 658 • Soccer Activities 659 • Soccer Skill Tests 664 • Learning Aids 666

28 Softball 667

Instructional Emphasis and Sequence 668 • Softball Skills 669 • Organizing for Instruction 674 • Basic Softball Rules 675 • Softball Drills 676 • Softball Activities 677 • Softball Skill Tests 681 • Learning Aids 682

29 Track, Field, and Cross Country Running 683

Instructional Emphasis and Sequence 684 • Track and Field Skills 684 • Running 686 • Instructional Procedures 689 • Organizing for Instruction 689 • Track and Field Drills and Activities 690 • Suggested Track Facility 691 • Conducting Track and Field Days 691 • Cross Country Running 693 • Cross Country Meets 693 • Learning Aids 694

30 Volleyball 695

Instructional Emphasis and Sequence 696 • Volleyball Skills 697 • Instructional Procedures 699 • Organizing for Instruction 700 • Basic Volleyball Rules 701 • Volleyball Activities 702 • Volleyball Skill Tests 705 • Learning Aids 706

Glossary 707 General Index 717 Activities Index 733 About the Authors 741

