



# Physical Best Activity Guide: Middle and High School Level-3rd Ed

*SHAPE America - Society of Health and Physical Educators, Jeff Carpenter, Christina Sinclair*

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This comprehensive health-related fitness education program is back and better than ever!

Developed by top-level physical educators, this third edition will help students gain the knowledge, skills, appreciation, and confidence they need to lead active, healthy lives, regardless of physical and mental abilities or disabilities.

*Physical Best Activity Guide: Middle and High School Levels* has been used with much success across the United States, and for good reason: The text contains 70 easy-to-use instructional activities, ranging from noncompetitive to competitive and from less demanding to more demanding. It also includes activities that allow for maximum time on task. All the instructional activities address the national physical education standards, dance standards, or health standards.

This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States. You will learn how to adapt the activities for all students, regardless of skill level or disability, and students will learn how to set realistic goals, manage their activity levels, and remain healthy throughout their lives.

In addition, this text offers the following features:

- A “Combined-Component Training” chapter combines aerobic fitness, muscular strength and endurance, and flexibility into single activities.
- A CD-ROM contains a wealth of reproducibles, including charts, posters, signs, station cards, handouts, and worksheets, many of which can be adapted to meet your needs.
- A section of Internet resources helps you develop your own special events.

*Physical Best Activity Guide: Middle and High School Levels*, developed by the National Association for Sport and Physical Education, can stand alone or be used in conjunction with *Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide, Third Edition*, and *Physical Best Activity Guide: Elementary Level, Third Edition*. It can also be used with *Fitnessgram®/Activitygram®*, an activity assessment and computerized reporting system, and the *Fitness for Life* resources for middle school and high school. *Fitness for Life* is a comprehensive program promoting lifetime health-related fitness.

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