



Teaching Children Fitness: Becoming a Master Teacher (American Master Teacher Program)

Thomas Ratliffe, Laraine McCravey Ratliffe

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This text presents the why and how of teaching children physical fitness in a developmentally appropriate way. It presents 19 practical child-tested examples of fitness activities called Learning Experiences that are suitable for ages three to eleven. The Learning Experiences are divided into five categories: basic fitness concepts, cardiorespiratory endurance, muscular strength and endurance, flexibility, and healthy habits and wellness.

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