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Quality Lesson Plans for Secondary Physical Education - 2nd Ed

Dorothy Zakrajsek, Lois Carnes, Frank E. Pettigrew

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Quality Lesson Plans for Secondary Physical Education, Second Edition, provides the most comprehensive menu of lesson plans to spice up your secondary-level physical education curriculum.

The new edition of this already-popular book is packed with more than 500 physical education activities in 200-plus ready-to-use lesson plans. Additional updates include instructional assessment tools for ongoing evaluation in each unit; a CD-ROM with PE-4-Life advocacy materials; a credit-based, individualized study unit; and handouts and worksheets that will help you expand and enrich the physical education experience beyond the classroom.

Other features of the book include

- the same simple–to–difficult lesson progression used in the first edition;
- updated references that include the current national physical education standards;
- a wider variety of lesson plans organized into shorter units to provide you greater flexibility and opportunities for individualized instruction;
- new units including line dancing, disc golf, in-line skating, and lacrosse; and
- activity suggestions and modifications to help you customize lessons to involve learners of different ability levels.

Quality Lesson Plans for Secondary Physical Education, Second Edition, is a gold mine for physical education teachers. The new units in the book not only reflect the current standards in physical education; but they also help you make physical education fun for students. Use Quality Lesson Plans for Secondary Physical Education, Second Edition, to provide the highest-quality programming for your students and turn kids on to physical education.

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