



Physical Education Activity Handbook (13th Edition)

Jerre McManama

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The **Physical Education Activity Handbook, Thirteenth Edition** provides existing and future physical education teachers with the content knowledge and teaching techniques they need to offer their students a chance to learn a wide range of engaging activities. More than 40 activities are explained, with essential information such as equipment, rules, skills and techniques, teaching and learning strategies, and a comprehensive reference section for further expertise. Activity chapters instruct the reader in three key areas: what the activity is, how to do it, and how to teach it to others. Using this text, teachers and teachers-in-training alike will be fully prepared to offer their students a varied learning experience that is engaging, exciting, and meaningful.

The **Thirteenth Edition** features the addition of Zumba and Pilates content, new instructive web links in the end of chapter material, and updated instructions and photos.



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