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Titolo	The really useful physical education book : learning and teaching across the 11-16 age range // edited by Gary Stidder and Sid Hayes
Pubbl/distr/stampa	New York : , : Routledge, , 2017 ©2017
ISBN	1-138-18714-3 1-315-64333-2 1-317-28569-7
Edizione	[Second edition.]
Descrizione fisica	1 online resource (386 pages)
Collana	Really useful series
Disciplina	796.07 613.7071241
Soggetti	Physical education and training - Study and teaching - Great Britain Physical education and training - Curricula - Great Britain
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	1. Introduction / Gary Stidder and Sid Hayes -- 2. Learning and teaching physical education / Gary Stidder and Sid Hayes -- 3. Health and safety in physical education / Mark Jordan and Amanda Livingstone -- 4. Learning the teaching through games activities / John Lambert and Tracy Killingley -- 5. Learning and teaching through alternative activities / Jon Binney and Warren Smart -- 6. Learning and teaching through adapted activities / Gary Stidder and Sid Hayes -- 7. Learning and teaching through artistic activities / Lucy Pocknell and Fiona Smith -- 6. Learning and teaching through aesthetic activities / Jon Binney and Debra Barrett -- 9. Learning and teaching through on-site adventurous activities / Gary Stidder and Kevin Morton -- 10. Learning and teaching through athletic activities / Gary Stidder -- 11. Learning and teaching through aquatic activities / Jon Binney -- 12. Learning and teaching for health benefits : the use of aerobic and anaerobic activities? / James Wallis, Rob Harley and Floris Pietzsch -- 13. Learning and teaching values through physical education / Graham Spacey -- 14. Thematic learning and teaching through physical education / Gary Stidder and Sue Perry -- 15. Learning and teaching accredited courses

in physical education / Simon Green -- 16. The use of new and emerging digital technologies in physical education / Kevin Morton.

Sommario/riassunto

The Really Useful Physical Education Book offers support, guidance and practical ideas for effective, innovative and imaginative physical education lessons. Underpinned by easy-to-understand theory, this second edition is fully updated in line with the National Curriculum for Physical Education at Key Stages 3 and 4 and provides a wide range of high-quality lessons alongside engaging teaching examples and methodologies. With an emphasis on inclusive physical education, it highlights the ways in which schools can re-design the curriculum to ensure maximum enjoyment for all pupils. Key topics covered include: Planning, progression and assessment; health and safety issues, inclusive track and field athletics, adapting activities to support SEND, swimming and water-based activities, alternative activities including street-surfing and combat sports, introducing dance into the curriculum, enjoyable gymnastics for physical literacy, on-site adventurous activities, values-based teaching, teaching accredited awards, using new and emerging technologies. The Really Useful Physical Education Book offers essential advice and inspiration for both trainee and practising teachers responsible for the 11-16 age range. It is a must-read for all those who want to make their lessons inclusive and fun whilst promoting a healthy lifestyle and enthusiasm for lifelong activity.
