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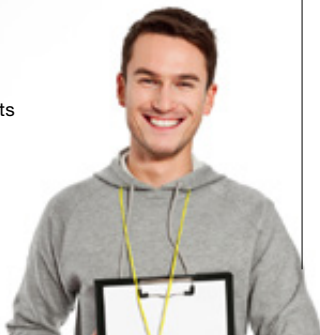
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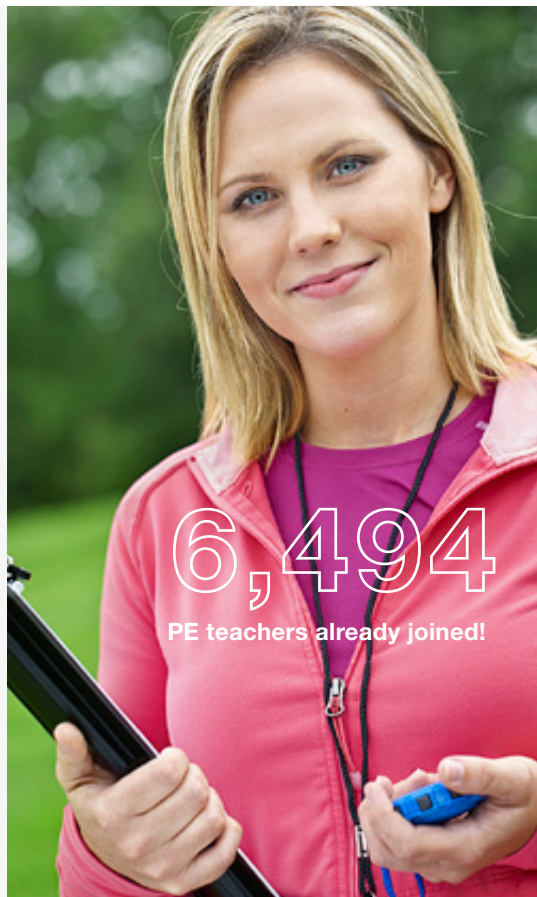
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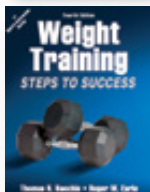
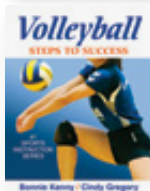
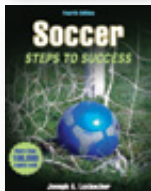
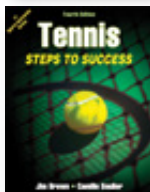
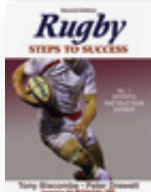
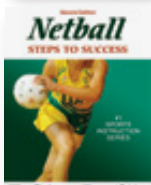
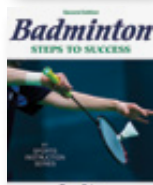
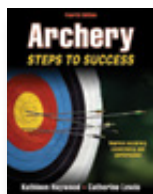


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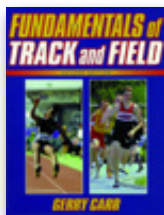


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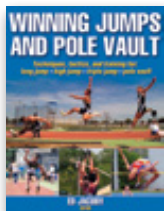
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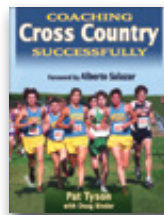
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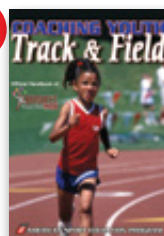
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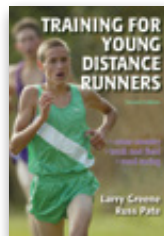
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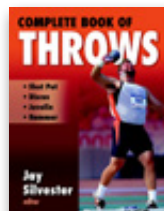
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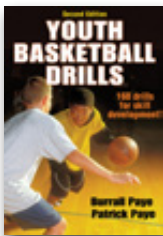


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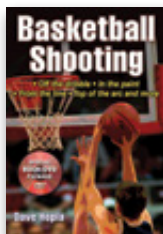
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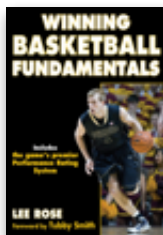
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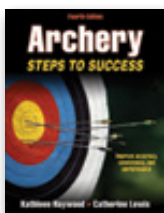
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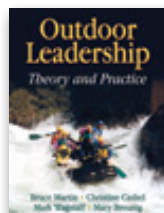
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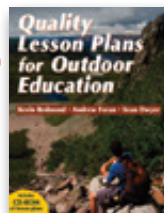
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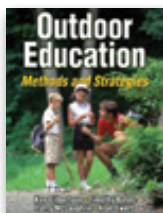


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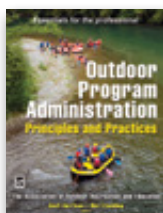
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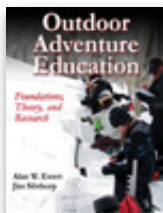
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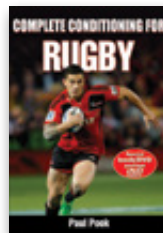
ISBN 978-1-4504-0212-5
£13.99 / €18.20



Learn how to meet challenges and excel in competition with *Focused for Rugby*, a mental skills training aid designed to maximise performance on the field. The authors have pooled their years of experience to explain how to apply simple psychological principles and training techniques players can easily call on to stay focused and disciplined. It's more than a theoretical book; it's a proven training programme.

COMPLETE CONDITIONING FOR RUGBY

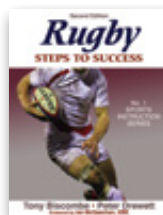
ISBN 978-0-7360-9830-4
£19.99 / €26.00



Since the dawn of professional rugby, players have become increasingly bigger, faster and stronger. *Complete Conditioning for Rugby* gives players and coaches the advice they need to keep pace with changes in the game by improving individual and team speed, power, strength, agility and endurance. The DVD provides tests, exercises and drills.

RUGBY STEPS TO SUCCESS

2nd Edition
ISBN 978-0-7360-8173-3
£14.99 / €19.50



All the skills, tactics and strategies you need to improve play on the pitch. Detailed descriptions, illustrations and photo sequences demonstrate the essentials, including footwork, ball handling, tackling and kicking. Practice and improve with 90 drills, each featuring a personal scoring system designed to gauge performance and then accelerate progress.

FOOTBALL

DEVELOPING YOUTH FOOTBALL PLAYERS

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£15.99 / €20.80



Ensure that your young footballers reach their potential with 150 games, corrective exercises and competitions. Fundamental skills, goalkeeping and tactics are based on the internationally renowned Football Development Model – making this the best training and coaching resource available for 7–14 year olds. Clear writing and colourful illustrations are included throughout.

COACHING YOUTH SOCCER 5th Edition

ISBN 978-0-7360-9217-3
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Tens of thousands of coaches have turned to *Coaching Youth Soccer* and this latest edition delivers even more information to help you identify and organise your tasks and responsibilities. Game-like activities teach attacking and defensive skills unlike any other drill-based soccer book. With 45 activities, 40 coach tips and 120 photos and illustrations.

SKILLS AND STRATEGIES FOR COACHING SOCCER 2nd Edition

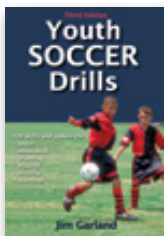
ISBN 978-0-7360-8022-4
£16.99 / €20.10



Alan Hargreaves is joined by Dick Bate, the FA's elite coaching manager to produce a resource for every coach irrespective of individual style and experience. Every skill is covered in a progressive manner; from philosophy to match management, providing key advice for coaches working with players of all abilities.

NEW! YOUTH SOCCER DRILLS 3rd Edition

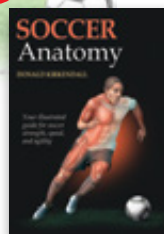
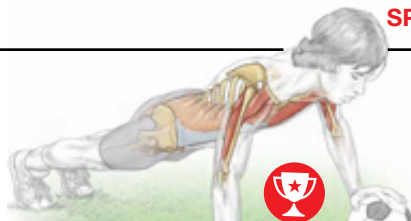
ISBN 978-1-4504-6823-7
£12.99 / €16.90



Youth Soccer Drills, third edition, presents 100 drills and games for developing skills in dribbling, passing, heading and shooting. All are easy to follow with clear descriptions and child-friendly field diagrams, making them easy for coaches to teach and players to understand. Sample practice plans, variations and coaching tips are included.

SOCCER ANATOMY

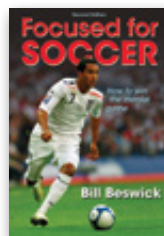
ISBN 978-0-7360-9569-3
£14.99 / €19.50



Illustrations of the active muscles involved in kicking, heading, tackling and saving show how each exercise is fundamentally linked to soccer performance. From attacking to defending to goalkeeping, *Soccer Anatomy* improves every aspect of your game. Learn how to modify exercises to target specific areas based on your style of play and personal goals. Stay injury free with a system from medical researchers at FIFA.

FOCUSED FOR SOCCER 2nd Edition

ISBN 978-0-7360-8411-6
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Build mental toughness, foster team cohesion and visualise success. Renowned sport psychologist Bill Beswick shares the mental training techniques he developed for the Premier League with examples and case studies from Manchester United, Middlesbrough and England. Use each no-nonsense strategy to see real results on the pitch.

THE COMPLETE SOCCER GOALKEEPER

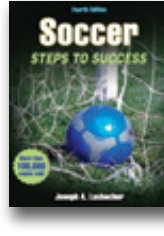
ISBN 978-0-7360-8435-2
£12.99 / €16.90



Combine awareness, technique and conditioning to anticipate your opponent's every move and react. In *The Complete Soccer Goalkeeper* renowned goalkeeping coach Tim Mulqueen shares his secrets and provides unparalleled instruction for developing the skills and mindset for mastering the game's toughest position. With a foreword by Tim Howard of Everton and the USA.

SOCCER STEPS TO SUCCESS

4th Edition
ISBN 978-1-4504-3542-0
£13.99 / €18.20



This new edition of one of the most popular soccer instruction manuals ever published, provides updated, progressive and detailed information on individual skills and team tactics. It follows a unique step-by-step instruction format that allows players to develop a base of soccer competence in each skill and then build on it. More than 100,000 copies have been sold.

SWIMMING



John Lawton is author and editor of numerous ASA teaching publications and was heavily involved with the Swim for Life campaign.



COMPLETE GUIDE TO PRIMARY SWIMMING

ISBN 978-1-4504-0153-1
£29.99 / €39.00



This practical guide is intended to be used poolside where it will assist in the delivery of the swimming component of the National Curriculum for key stages one and two and provides 10 unit programmes designed to help nonswimmers.

The book demystifies the teaching of swimming to enable those with little or no experience to teach it effectively and for learners to develop a range of skills in a safe and fun environment. Planning time for lessons can be limited so this book was designed to be used as a quick source of activities.

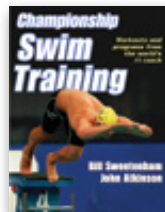
The games and activities easily engage the pupils, and Lawton's masterful instruction will help you teach with confidence and help children develop skills in the limited time you have with them. And even if you are an experienced swim teacher, the units and activities provide a sequential structure that you can easily include in your programme.



CHAMPIONSHIP SWIM TRAINING

ISBN 978-0-7360-4543-8
£18.99 / €24.70

Bill Sweetenham, the world's top swim coach gives his proven methods for improving performance in the backstroke, butterfly, breaststroke and more. Part I deals with training zones and benchmarks critical to training and goal setting. Part II is full of information for coaches to plan the long-term development of swimmers. A complete, systematic and proven way to record-breaking times.



DEVELOPING SWIMMERS

ISBN 978-0-7360-8935-7
£13.99 / €18.20

Transform young athletes and swim teams from novice competitors to distinguished champions with the same insights, secrets and strategies coach Michael Brooks uses to develop swimmers. This is the first book to offer teachers and coaches comprehensive, long-term plans beginning at various age-group levels. Identify talent, create individually tailored programmes and put your swimmers in the fast lane.



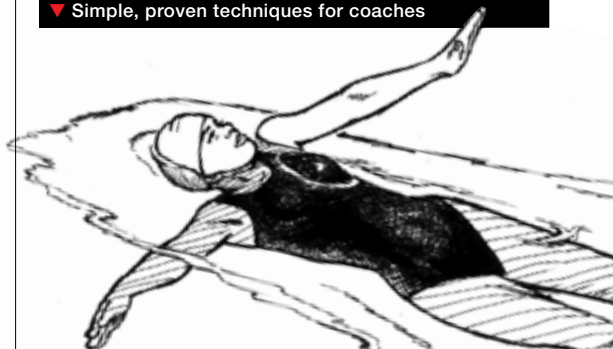
THE SWIMMING DRILL BOOK

ISBN 978-0-7360-6251-0
£13.99 / €18.20

With 128 highly effective drills, expert instruction and more than 375 detailed illustrations, this comprehensive resource improves every facet of swimming technique. Ensure a greater sense of balance and position in the water; perfect the freestyle, backstroke, breaststroke and butterfly; master starts, turns and finishes. Combine these drills to create effective personalised programmes.



▼ Simple, proven techniques for coaches





Original, high quality research from leading experts empowers you to better understand student motivation to engage, learn and achieve. Find out about our PE journals at humankinetics.com/journals



'Coaches at all levels can benefit from the wisdom of one of the greatest coaches our sport has ever known. Learn from this valuable book.'
—Skip Kenney, NCAA Coach of the Year

COACHING SWIMMING SUCCESSFULLY

2nd Edition

ISBN 978-0-7360-4519-3
£16.99 / €22.10

The complete guide to coaching the sport; motivate swimmers of all ages and help them prepare for the challenges of competition. Teach the latest stroke improvements for greater efficiency and speed, as well as full practice plans for successful sessions. This book also contains advice on how to evaluate swimmers' practice and competition performances.



SWIMMING STEPS TO SUCCESS

3rd Edition

ISBN 978-0-7360-5436-2
£13.99 / €18.20

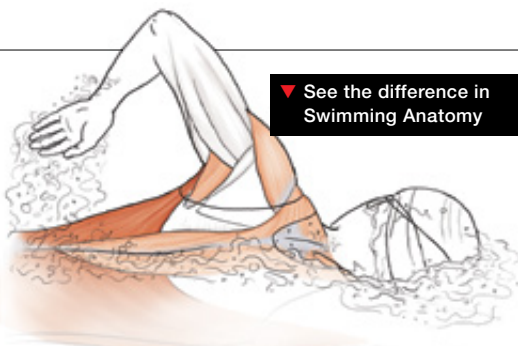
Help your students become more fluid in the water with *Swimming Steps to Success*. This bestselling comprehensive guide provides progressive instruction to help you master several swimming strokes and skills: backstroke, front crawl, breaststroke, butterfly, sidestroke, back crawl, trudgen, floating, diving, sculling and underwater swimming.

Step-by-step instruction and 195 illustrations break down each stroke to the basic arm and leg movements and their timing. The multiple drills in each step include a scoring system to gauge success and determine readiness to advance to the next skill. Suitable for beginners all the way through to advanced swimmers.

Swimming Steps to Success is part of the bestselling Steps to Success series with over 1 million sales worldwide. To learn about the other titles in this series turn to page four.



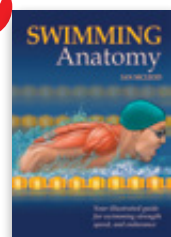
'Covers a range of skill levels. Its complete, step-by-step progression is an excellent way to learn, improve technique and master the strokes.'
—Dick Hannula, Former president of the American Swimming Coaches Association



▼ See the difference in Swimming Anatomy

SWIMMING ANATOMY

ISBN 978-0-7360-7571-8
£14.99 / €19.50



Get your swimmers to perform out of their skins. *Swimming Anatomy* provides a stunning visual perspective on swimmers' muscles with sport specific exercises to help them develop the body they need. The full-colour interior contains over 200 expertly drawn illustrations and anatomically grouped exercises with icons identifying the strokes that will benefit most from each exercise to make them faster in the water.

SWIM COACHING BIBLE SERIES

THE SWIM COACHING BIBLE

ISBN 978-0-7360-3646-7
£16.99 | €22.10



An international cast of experts share their experience of producing the world's best athletes and teams. It covers coaching, conducting effective practice sessions, teaching techniques for every stroke and training programmes for each event. Endorsed by the World Swimming Coaches Association, this is the most authoritative group assembled in any swim resource.

THE SWIM COACHING BIBLE VOLUME II

ISBN 978-0-7360-9408-5
£16.99 / €22.10



In the wake of *The Swim Coaching Bible*, records have been smashed and coaching techniques have evolved. Volume II picks up where the original left off, providing more instruction, guidance and expertise on every aspect of the sport. The result is a book of successful coaching experiences and techniques that entertains and educates.

TENNIS



▲ Ace the competition with Championship Tennis

CHAMPIONSHIP TENNIS

ISBN 978-1-4504-2453-0
£13.99 / €18.20

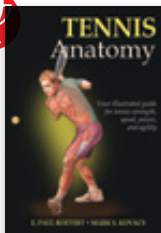
World-class coach and Grand Slam clinician Frank Giampaolo and *Tennis* magazine editor Jon Levey bring you expert instruction and professional insights to eliminate unforced errors and improve your game. You'll also find the most effective drills for mastering groundstrokes, serves, volleys and speciality shots as well as invaluable advice for improving anticipatory skills and recognising, neutralising and countering your competition.



TENNIS ANATOMY

ISBN 978-0-7360-8936-4
£16.99 / €22.10

Tennis Anatomy brings your game to life with over 194 full-colour anatomical illustrations depicting strokes and movements, strengthening exercises and injury-prevention exercises. The 72 step-by-step exercises are arranged anatomically for shoulders, arms and wrists, chest, back, core and legs, with explanations of how each affects performance.



BOLLETTIERI SERIES

The Bollettieri series provides comprehensive instruction for players of all levels. The coverage is essential for competitive players.



BOLLETTIERI'S TENNIS HANDBOOK

ISBN 978-0-7360-4036-5
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Nick Bollettieri has trained and coached some of the world's top players including Andre Agassi, Monica Seles, Anna Kournikova, Boris Becker and the Williams sisters. Starting with the fundamentals, players learn how to choose the right grip and build a strong posture and stance. Every shot is addressed including forehand and backhand, serves and return of serve.



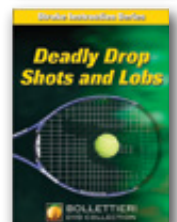
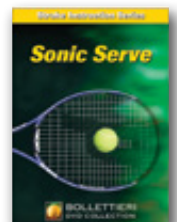
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TENNIS TACTICS

ISBN 978-0-8801-1499-8
£13.99 / €18.20

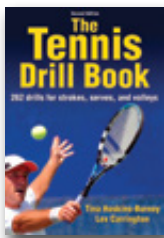
Learn how to plan shot selection in competition and put your players in the best possible position to win every point. *Tennis Tactics: Winning Patterns of Play* describes 58 patterns (shot sequences) that emphasise your player's strengths and exploit your opponent's weaknesses. Sixty three drills show you how to practice the patterns and make them an instinctive part of your routine during match play.



NEW! THE TENNIS DRILL BOOK 2nd Edition

ISBN 978-1-4504-5992-1
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Effective practice is the foundation of any good performance. With a wealth of drills and games to choose from, develop skills, work on weaknesses and prepare for upcoming matches with this extensive manual featuring 260 drills. Game-based drills simulate match situations and games for juniors to help you prepare younger players for competition.



▲ Step by step instruction to accelerate progress

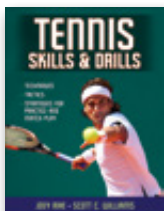


▲ Learn everything about equipment and technique

TENNIS SKILLS AND DRILLS

ISBN 978-0-7360-8308-9
£16.99 / €22.10

Over 110 proven drills in *Tennis Skills and Drills* demonstrate the proper technique with descriptions for players to master each skill and then use it during competition. Start with the basic techniques and improve your footwork, grip choices and swing. From singles and doubles coverage to movement and tactical drills, the comprehensive instruction and colour photos will lead you to more victories on the court.



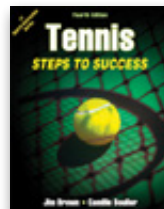
TENNIS STEPS TO SUCCESS 4th Edition

ISBN 978-1-4504-3208-5
£13.99 / €18.20

Master the essential skills, take the court with confidence and ace the competition! *Tennis Steps to Success* provides in-depth, progressive instruction and accompanying full-colour photos for each stroke. From forehand to backhand, serve to volley, this popular guide has it covered.

Practice and improve technique with more than 80 drills that feature a unique scoring system to gauge and accelerate your progress. After mastering the skills, add tactical knowledge to make the right shots in match situations and achieve on-the-court success consistently.

You'll learn how to neutralise your opponent's strengths, recognise weaknesses, force errors and capitalise on mistakes. As part of the popular *Steps to Success* series, which has sold more than 2 million copies worldwide, *Tennis* will take your performance to new heights.



'Provides complete instruction for players of all levels. The coverage is essential for competitive players.'
—Bill Ozaki
Director of Programmes and Player Development
USTA Southern

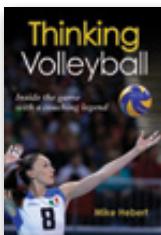
VOLLEYBALL



THINKING VOLLEYBALL

ISBN 978-1-4504-4262-6
£14.99 / €19.50

Thinking Volleyball goes beyond the Xs and Os and skill instruction by offering in-match strategy and insights from legendary coach Mike Hebert. It encourages you to challenge conventional wisdom to arrive at creative solutions and innovative methods for getting the most out of your teams.



'Behind Coach Hebert's well-crafted words shines his three-decade quest to help his teams become great problem solvers. If you want to improve your team, you need to read this book.'

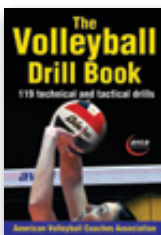
—Karch Kiraly, Three-Time Olympic Gold Medalist, US Women's Head Coach

THE VOLLEYBALL DRILL BOOK

ISBN 978-1-4504-2386-1
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With 125 drills covering every facet of the sport, *The Volleyball Drill Book* is the most comprehensive resource for today's players and coaches. Inside you'll find the game's most effective drills for all aspects of the game.

Complete with detailed diagrams, illustrations, coaching tips, variations and practice advice, it covers everything so you can master essential skills, sharpen execution and improve performance. Edited by the American Volleyball Coaches Association, it's the only drill book you'll need.



'A well-crafted book by two of volleyball's all-time great coaches.'

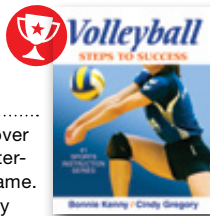
—Sharon Dingman, Head Coach Women's Volleyball, Iowa University

VOLLEYBALL STEPS TO SUCCESS

ISBN 978-0-7360-6337-1
£13.99 / €18.20

This resource allows players to cover the court with confidence by mastering all the essential skills of the game.

It establishes a solid foundation by detailing proper footwork and posture before moving on to detail the individual skills of serving, passing, setting, attacking, blocking and digging. With expert instruction, crisp illustrations and 60 drills to improve play on both sides of the net.



VOLLEYBALL SYSTEMS AND STRATEGIES

ISBN 978-0-7360-7495-7
£21.99 / €28.60

Identify the best offensive and defensive systems for your team's talents, specific in-game situations and opponent's style of play. The DVD reveals the game's best serve, serve-receive, offensive and defensive systems and winning strategies. The book is complete with information on how to perfect execution with over 80 practice drills with variations and coaching tips from the pros.



COACHING YOUTH VOLLEYBALL

4th Edition

ISBN 978-0-7360-6820-8
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Here's a book that teaches you how to convey skills to your athletes in an engaging and positive manner.

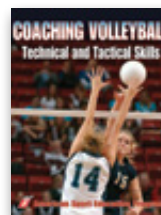
Coaching Youth Volleyball's focus on teaching volleyball skills through game-like drills sets it apart from the rest. And it's the only one recommended by and written with the expertise of USA Volleyball's Coaching Education Department.



COACHING VOLLEYBALL TECHNICAL AND TACTICAL SKILLS

ISBN 978-0-7360-5384-6
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More than 115 photos, in-depth discussions and coaching cues on the basic and intermediate technical skills, show you how to detect and correct errors in player performance. Also incorporated are the tactical skills and the situational decisions that affect outcomes including aggressive serving, hitting off the block, determining blocking strategies and defending.



VOLLEYBALL SKILLS AND DRILLS

ISBN 978-0-7360-5862-9
£14.99 / €19.50

Master volleyball's key techniques and elevate performance in all facets of the sport. *Volleyball Skills and Drills* teaches the fundamentals and contains the proper progressions to help players master and apply those skills on court when it counts. Featuring 90 of the best drills, maximise both the rate and quality of learning to help your players get the most out of each practice session.



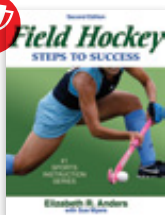
HOCKEY

FIELD HOCKEY STEPS TO SUCCESS

2nd Edition

ISBN 978-0-7360-6837-6

£15.99 / €20.80



Combines a comprehensive, progressive approach with in-depth instruction, illustrations and 86 drills. Master coach and field hockey legend Elizabeth Anders details the step-by-step programme that will teach you how to score more goals, improve ball control and hone passing and receiving. It also covers footwork, balance and dealing with attacking and defensive tactics.

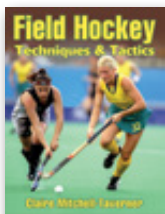


▲ How to be technically brilliant at field hockey

FIELD HOCKEY TECHNIQUES AND TACTICS

ISBN 978-0-7360-5437-9

£16.99 / €22.10



Elevate your trapping, receiving, passing, dribbling and shooting with the finer technical points of each attacking skill.

Perfect your defensive techniques, anticipate opponents' moves and intercept passes, make strong tackles and create eliminations to regain possession and counter attack.

Gain first-hand insights of the communication and decision making abilities required for excellence.

In *Field Hockey Techniques and Tactics*, Olympic gold medalist Claire Mitchell-Taverner presents the essential skills and offensive and defensive systems that helped the Hockeyroos dominate the world stage for nearly a decade.

'This innovative book explains everything in a straightforward manner while acknowledging the basic skills. It's written by a former player who has been successful at all levels.'

—*Rechelle Hawkes, Olympic gold medalist*

NETBALL



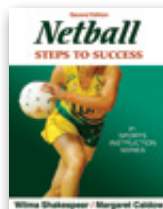
▲ Netball success step by step

NETBALL STEPS TO SUCCESS

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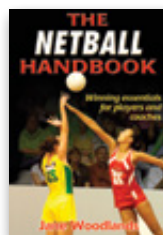


Give your players a solid grounding in the game with *Netball Steps to Success*. Teach the fundamental skills of catching, passing and shooting as taught by former England Netball coaches and provide a platform from which they can progress and succeed in competitive play. Practice and hone their skills through a unique scoring system designed to accelerate progress. Part of the bestselling Steps to Success series.

THE NETBALL HANDBOOK

ISBN 978-0-7360-6265-7

£14.99 / €19.50

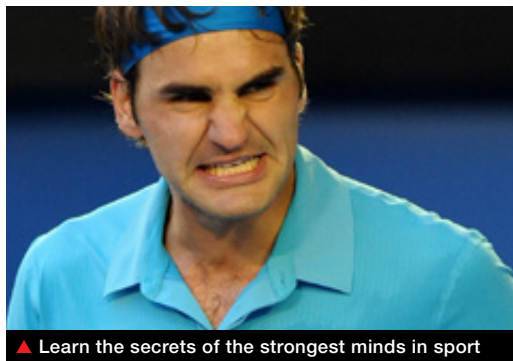


This complete guide covers essential netball skills like body control, movement, ball handling, shooting, attacking and defending, plus the latest technical and tactical concepts. Add to that dozens of drills; chapters on conditioning, mental training, teamwork and tips from the game's brightest stars and you have the blueprint for individual and team greatness.

2,689

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COACHING



▲ Learn the secrets of the strongest minds in sport

INSIDE SPORT PSYCHOLOGY

ISBN 978-0-7360-3329-9
£17.99 / €23.40

Elevate performance through the application of evidence-based strategies and techniques like goal setting, reward strategies, visualization, self-hypnosis and anxiety management. This no-nonsense book covers easy-to-implement psychological principles for 20 popular sports, including football, rugby and athletics. You'll also find tips for managing moods, developing confidence and getting your athletes to perform well consistently.



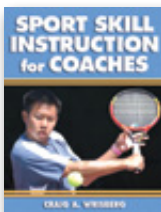
'I studied with both authors. I learned techniques to improve mental strength. Those skills put me ahead of my peers.'
—Richard Hill, MBE, England, 2003
Rugby World Cup winner

SPORT SKILL INSTRUCTION FOR COACHES

ISBN 978-0-7360-3987-1
£26.99 / €35.10

Designed to help current and aspiring coaches teach the skills that athletes need to perform at their best. Written from a real-world perspective for secondary school coaches, this practical, user-friendly text addresses the questions facing every coach: Who are the athletes I'm coaching? What are the skills I need to teach? How do I teach those skills most effectively?

The easy-to-follow format includes learning objectives that introduce each chapter, sidebars illustrating sport-specific applications of key concepts and chapter summaries organised by content and sequence. Key terms, chapter review questions, activities that challenge you to apply concepts to real-world situations and a glossary are all included. The *For Coaches* series has many insights on how to be an effective coach.

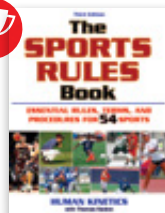


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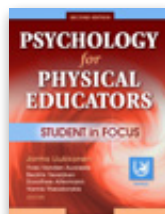
—Kevin Newell, Scholastic Coach and Athletic Director magazine

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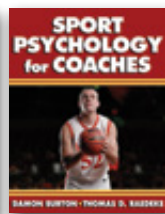


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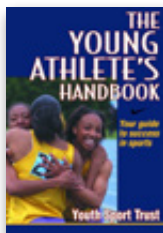


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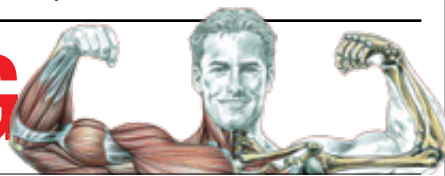
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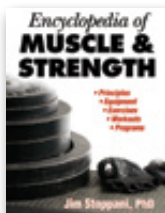
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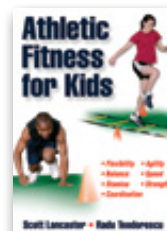
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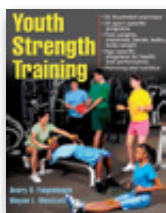
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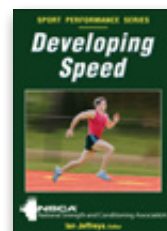
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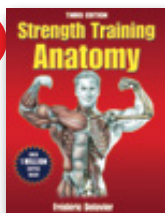


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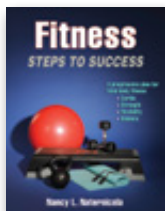
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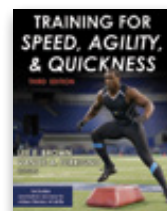


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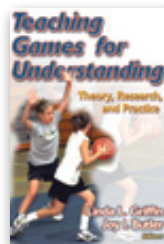
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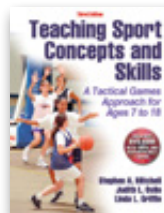


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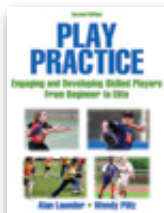
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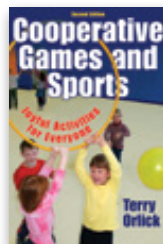


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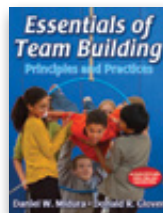
Perceptual-Motor Activities for Children contains 225 station activities that can be used to develop the perceptual-motor skills of children from nursery to primary school age as they have fun and play. It also has a companion web resource that provides activity cards, bonus activities, active learning cards, audio tracks, a record sheet and many other handy tools.



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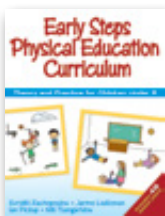


▲ Physical activities for small spaces

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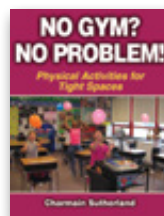
An outstanding team of teachers representing Scandinavia, Greece, Cyprus and the UK have joined to create a resource that offers physical education theory and practice for children under eight. The main philosophy is the use of movement and games for facilitating preschool children's social interaction and helping them to acquire the basic knowledge for healthy and active lifestyles.



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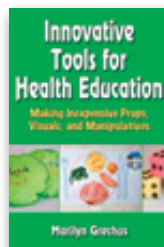
All 101 games in this handy book make learning more memorable, fun and successful in a classroom setting. Use them as starter activities or as complete activities that help you assess their learning. Ready-to-go plans shorten your prep time, variations and progressions match your students' ages and abilities, illustrations help you understand the games and helpful pointers keep them fun and effective.



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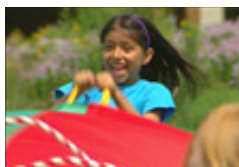
Most PE books can't open children's eyes to the cultures and traditions of other countries at the same time as teaching them physical activities and sports. However this isn't most books; it's a simple and effective multicultural games compendium consisting of 65 favourites from 38 countries around the world. The book includes a game finder so you can easily find games by skill or by geographic region.



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- Problem solving



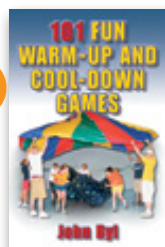
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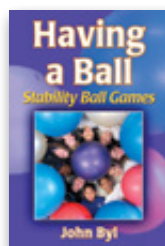
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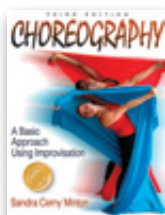


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In addition to dance subject knowledge, you'll find helpful chapters on managing student learning and assessment.

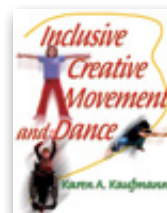
The web resource included contains photos, video clips, written resources including stories, a poem, word banks, warm-ups and complete units of work along with a template that can be used for designing your own units of work.

Written by Lyn Paine, a highly regarded teacher trainer and author of many dance resources, *Complete Guide to Primary Dance* is based on current best practices in schools.

Complete Guide to Primary Dance draws on and is complementary to the National Dance Teachers Association partnerships with Youth Dance England, Dance UK, the Association for Physical Education and the Youth Sports Trust.

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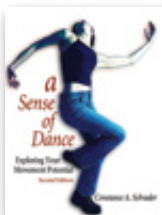
Inclusive Creative Movement and Dance helps you guide students with diverse abilities to express their feelings and ideas through creative movement experiences involving dance learning, making and sharing. This book provides in-depth coverage of inclusive dance instruction, including teaching strategies, practical learning experiences, movement problems for students to solve and more.

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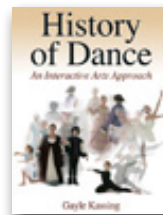
What is dance? Why do we dance? How do you learn to dance? These are just some of the frequently asked questions this text seeks to answer. It's logical and structural progression of theoretical and practical learning experiences lead novices from curious to competent whilst instilling a sense of the myriad skills and styles of the art form. Great for inexperienced teachers and enthusiastic dancers alike.



HISTORY OF DANCE

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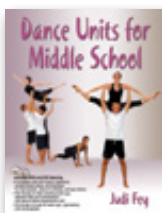
Using an investigative approach, this book presents the who, what, when, where, why and how of dance history in relation to other art forms and historical, political and social events. In doing so it provides numerous ways to create, perceive and respond to the history of dance through integrated arts and technology. *History of Dance* is an indispensable text for dance students who want to learn the rich history of the art form.



DANCE UNITS FOR MIDDLE SCHOOL

ISBN 978-0-7360-8367-6
£55.99 / €72.80

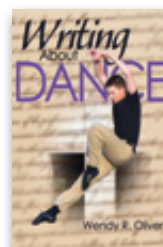
A tested tool for middle school teachers who have little or no dance training. It includes three dance units for students aged 11–14, a DVD with 77 printable items and a music CD. It also has scripts to direct students' work, strategies for making dance educational and fun, and everything you need to facilitate dance units in your classroom. Now even novices can conduct classes with confidence.



WRITING ABOUT DANCE

ISBN 978-0-7360-7610-4
£21.99 / €28.60

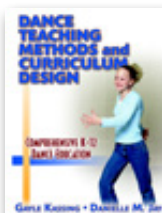
This text guides students through the processes of writing about dance, from the informal (journal and free writing) to the formal (critiques, essays and research papers). Students become better critical thinkers as they deepen their understanding of technique, creativity and dance as an art form. 14 teacher-tested exercises, rubrics for evaluation, an appendix and checklists for writing assignments are included.



DANCE TEACHING METHODS AND CURRICULUM DESIGN

ISBN 978-0-7360-0240-0
£43.99 / €57.20

To help aspiring dance teachers acquire the skills needed for success, this book provides vital information on general teaching methods and specific applications for the 10 most popular dance forms around the world today. It also includes fresh ideas for unit and curriculum design, development and evaluation with more than 120 photos and 66 illustrations included.



NEW! DISCOVERING DANCE

ISBN 978-1-4504-6886-2
£30.99 / €40.30

Discovering Dance opens up a world of opportunities for secondary school students who have little or no dance experience. The text, available in print and electronic form, helps students understand the fundamentals of creating, performing, analysing, understanding, responding to, connecting with and evaluating dance in its various genres. A fantastic introduction to a fascinating subject.



TEACHING DANCE AS ART IN EDUCATION

ISBN 978-0-7360-5188-0
£46.99 / €61.10

This unique text fosters an appreciation of dance as art in education and defines the dance specialist's roles and responsibilities. It explains in detail how to advance student growth in the areas most critical to teaching dance, such as the physical, mental, artistic and social. Make teaching educational dance clear and distinct whilst developing an arts-oriented, professional teaching portfolio.



MUSIC FUNDAMENTALS FOR DANCE

ISBN 978-0-7360-9652-2
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This is currently the only book to explain essential concepts of music and examine these concepts in relation to dance performance, composition and teaching. This valuable reference helps choreographers, dance teachers and dancers expand their knowledge of music and understand the relationships between music and dance.

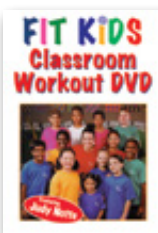




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ISBN 978-0-7360-6013-4
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Reinvigorate and motivate your kids anywhere, anytime with these short, fun, contemporary dance routines. Get them out of their seats to see the difference an activity break makes.



▲ Dance is enjoying a revival amongst today's youth

BEGINNING SERIES

NEW! BEGINNING BALLET

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Beginning Ballet introduces students to ballet through participation and appreciation as an academic study. This resource details etiquette, class expectations, health and injury prevention and explores ballet's history, major artists, styles and aesthetics. Photos and descriptions in the text plus photos and video clips in an accompanying web resource help students learn and practice.

SOCIAL DANCE STEPS TO SUCCESS 3rd Edition

ISBN 978-0-7360-9507-5
£19.99 / €26.00



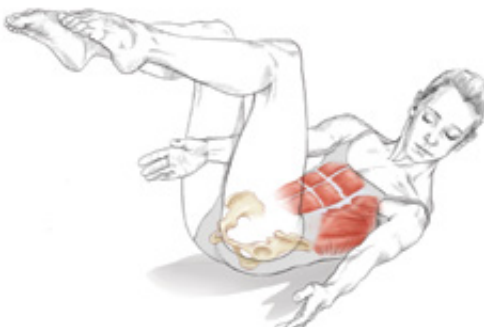
The new edition of *Social Dance* presents easy-to-follow instruction for 10 of today's most popular social dances. From fundamentals such as footwork and posture to communication and practice drills, this book and DVD combo is ideal for anyone wishing to perfect their moves on the floor. The accompanying DVD brings all the steps to life with live footage.

NEW! BEGINNING MODERN DANCE

ISBN 978-1-4504-0517-1
£26.99 / €35.10



Provides a multilayered learning experience for undergraduate and secondary school students. Students can practice beginning modern dance technique using the book's 50 photos with descriptions and 38 video clips and photos in the web resource. e-journal assignments, performance critiques, quizzes and a glossary are also included in the web resource.



▲ Detailed anatomical illustrations offer new insights

NEW! BEGINNING TAP DANCE

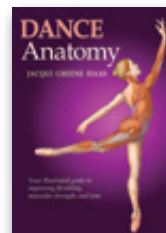
ISBN 978-1-4504-1198-1
£26.99 / €35.10



Beginning Tap Dance introduces students to tap dance technique and assists them in cultivating an appreciation of tap dance as a performing art. This text details etiquette, class expectations, health and injury prevention for dancers. It also covers history, major artists, styles and aesthetics. An accompanying web resource supports learning with more than 70 video clips.

DANCE ANATOMY

ISBN 978-0-7360-8193-1
£16.99 / €22.10



Dance Anatomy brings the relationship between muscle development and aesthetic movement to life with full colour illustrations. Step-by-step instructions convey proper form for 82 exercises arranged anatomically from the centre outward, providing a view of how muscles contribute to improved technique, injury prevention and artistic expression. This title is part of the bestselling Anatomy series.

GYMNASTICS

TUMBLING BASICS

ISBN 978-1-4504-3206-1
£19.99 / €26.00

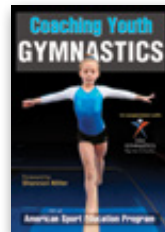
Tumbling Basics helps instructors new to gymnastics break down each of the seven basic skills into smaller, easily understandable steps. Clear instructions on error spotting and safety guidelines help you to create a safe and enjoyable environment to train in. *Tumbling Basics* brings you the knowledge, tools and confidence to incorporate a tumbling programme, unit, or lesson into your physical education curriculum.



COACHING YOUTH GYMNASTICS

ISBN 978-0-7360-8403-1
£13.99 / €18.20

This title covers the basics of coaching and gymnastics in a concise style that is perfect for entry-level gymnastics coaches who want to introduce their students to the exciting opportunities of the sport. Techniques and skills for bars, floor, balance beam and vault are presented by skill level rather than by age groups and are applicable to both boys and girls where appropriate.



▲ Primary gymnastics made fun and simple

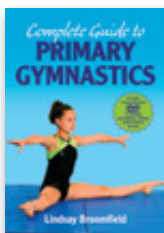
COMPLETE GUIDE TO PRIMARY GYMNASTICS

ISBN 978-0-7360-8658-5
£29.99 / €36.00

Some teachers think that gymnastics is risky and difficult to teach. Lindsay Broomfield lays to rest those misgivings with straight-forward instruction for primary teachers and club coaches with little or no experience. Her progressive approach builds on basic skills to get pupils up to UK national curriculum standards in no time.

What's more with the video clips, you don't have to worry about being able to perform the shapes and techniques yourself. You also have access to a complete bank of lesson progressions on the DVD, which covers the entire primary curriculum.

You can count on needing less planning time too as lesson plans have a logical progression scheme and that pupils will enjoy. The DVD also contains an image bank with eye-catching pictures, health and safety guidelines, and set-up diagrams of the apparatus to be used.



This book will help you meet the early learning goals and primary curriculum guidelines for gymnastics. More than that, it makes gymnastics accessible, fun and rewarding for all pupils and teachers.

TEACHING FUNDAMENTAL GYMNASTICS SKILLS

ISBN 978-0-7360-0124-3
£26.99 / €35.10

Individuals or groups of all ages and abilities will benefit from this practical guide to the fundamentals of gymnastics. It covers skill progressions and lead-ups for floor, beam, springboard/vault and bars. Spotting information and sequential illustrations help prevent common errors and injury and a skill finder chart makes it easy to find descriptions based on level of difficulty quickly and easily.



TEACHING CHILDREN GYMNASTICS

3rd Edition
ISBN 978-1-4504-1092-2
£24.99 / €32.50

Implement a school gymnastics programme designed to meet your own personal teaching situation, while combining the best facets of developmental skills, health-related fitness and conceptual learning based on process, characteristics of body, space, effort and relationships. Chapter objectives, summaries and reflection questions enhance the learning experience.



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BUILD IT SO THEY CAN PLAY

ISBN 978-0-7360-8991-3
£14.99 / €19.50

Build It So They Can Play is a collection of DIY ideas for building affordable and fun activities that can be enjoyed by students with all manner of disabilities within physical education classes. Using inexpensive materials, you can construct a wealth of creative PE equipment that is easily adapted to meet the needs of each individual ensuring everyone can participate and learn together.



PHYSICAL ACTIVITIES FOR YOUNG PEOPLE WITH SEVERE DISABILITIES

ISBN 978-0-7360-9597-6
£14.99 / €19.50

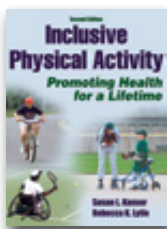
Ensure high-quality PE for students with cerebral palsy, spina bifida and other serious orthopaedic impairments. This compact book includes 50 illustrated activities utilising common objects and evidence-based research that outline the benefits of safe and effective activity for those with special needs.



INCLUSIVE PHYSICAL ACTIVITY 2nd Edition

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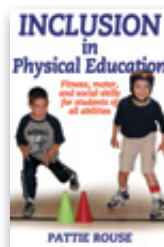
Inclusive Physical Activity is a reference for exercise and physical activity practitioners committed to offering optimal physical activity programming to people of differing abilities in school, recreation, sports and community fitness settings. The new edition offers strategies for physical activity programming across the life span; from infancy to adulthood.



INCLUSION IN PHYSICAL EDUCATION

ISBN 978-0-7360-7485-8
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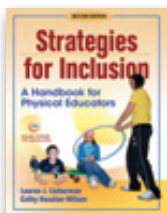
An easy to implement, hands-on guidebook of practical strategies for including students with disabilities in general physical education classes. The book focuses on skill development, social development and fitness for students with all manner of disabilities. It has a wealth of teaching strategies and activities for student involvement that have all been successfully field-tested.



STRATEGIES FOR INCLUSION 2nd Edition

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This updated edition contains a CD-ROM containing practical forms, checklists and assessments and two new chapters. The first of the new chapters focuses on 'Positive Behavioural Support' and provides tried and tested methods for managing student behaviour. The second new chapter on 'Support Personnel' gives excellent advice for getting everyone involved.



NEW! PHYSICAL EDUCATION FOR STUDENTS WITH AUTISM SPECTRUM DISORDERS

ISBN 978-1-4504-1973-4
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Offers strategies, insight and tools to design a curriculum that includes students with autism spectrum disorders (ASD). Learn to support students' abilities and learning interests, develop solutions for programming and teach them skills through natural supports, social learning tools and engaging activities.



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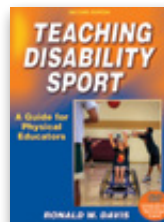
You can create activities that encourage respect for the physical capabilities of each person under your care with this illustrated book of over 450 games, skills and activities. It's intended for individuals with severe or multiple disabilities who may or may not use a wheelchair, but it can be used with all students regardless of developmental skill.



TEACHING DISABILITY SPORT

2nd Edition
ISBN 978-0-7360-8258-7
£41.99 / €54.60

This latest edition of *Teaching Disability Sport* offers instruction on the various aspects of disability sport, how to teach it and how to improve programming for students, regardless of ability or disability. Now with five new chapters and more than 200 games and skills. It also contains a DVD with clips of activities as well as assessment forms and more.



STUDENT RESOURCES



FITNESS AND HEALTH 7th Edition

ISBN 978-0-7360-9937-0
£24.99 / €32.50



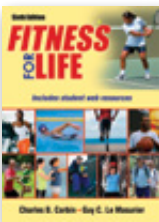
The revised edition of *Fitness and Health* offers a comprehensive understanding of the exercise/health relationship and provides a framework for achieving health and fitness goals.

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FITNESS FOR LIFE SERIES

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Fitness for Life, the original and best-selling secondary school text for promoting lifelong physical activity and healthy lifestyles has been updated to make it better than ever. It retains the strengths of the previous edition and has been enhanced with a test bank, an online study guide and an array of other new features to keep teachers and students at the cutting edge of PE.

FITNESS FOR LIFE MIDDLE SCHOOL

ISBN 978-0-7360-6511-5
£21.99 / €28.60



Fitness for Life: Middle School provides a foundation for 11–14 year old students to be physically active and fit throughout their whole lives. The text guides students in developing the skills they need in order to enjoy physical activity and explores the topics of body composition and nutrition, aerobics, sports, recreation, flexibility and muscle fitness. Based on the widely used and respected *Fitness for Life*.

CHRISTIAN PATHS TO HEALTH AND WELLNESS

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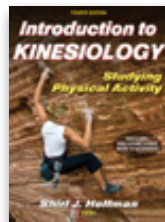
A unique, faith-based perspective on the pursuit of wellness for body, mind and spirit. This new edition provides the latest research on nutrition and fitness woven into an engaging narrative complemented by true stories of personal empowerment. This inspiring book will help readers take charge of their health and their physical wellness.



▲ For those students with a future in sport science

INTRODUCTION TO KINESIOLOGY

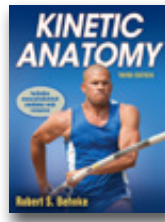
4th Edition
ISBN 978-1-4504-3432-4
£69.99 / €91.00



This is the most cohesive introduction to the field of sport science available, demonstrating how its many disciplines integrate into a unified body of knowledge. This all-inclusive approach gives students a solid background in the field and prepares them for further study. This engaging and jargon-free text also introduces students to the many potential job prospects.

KINETIC ANATOMY

3rd Edition
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The third edition of *Kinetic Anatomy* is the ideal resource for learning structural anatomy and how it affects movement. It provides a firm concept of musculoskeletal anatomy by systematically revealing each component of the human body, layer by layer. Included with each new text is a key code allowing students one-year access to the online anatomy programme *Musculoskeletal Anatomy Review*.



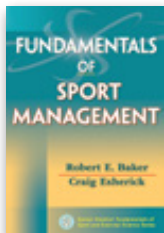
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FUNDAMENTAL SERIES

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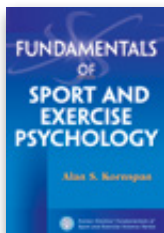
This text presents foundational knowledge of sport management and what managers do. This helps readers prepare for advanced study or practice in the field. An excellent reference for students or professionals.



FUNDAMENTALS OF SPORT AND EXERCISE PSYCHOLOGY

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This text answers basic questions for newcomers to the field with information on what sport and exercise psychology is and what it has to offer. It integrates applied and career based knowledge to show basic principles as well as information on where, how and why sport and exercise psychologists work. A list of career opportunities is also included.

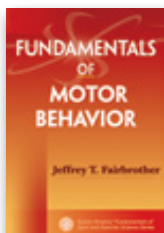


▲ Let them plan and deliver their own PE lesson

FUNDAMENTALS OF MOTOR BEHAVIOR

ISBN 978-0-7360-7714-9
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This book provides students with an excellent introductory-level look at the goals and opportunities available in motor behaviour. Engaging and reader-friendly, the text will enable those with little or no background in the subject area to see the objectives that researchers and practitioners pursue, the careers available and the educational qualifications required to attain them.



CREATIVE PHYSICAL EDUCATION

ISBN 978-1-4504-2105-8
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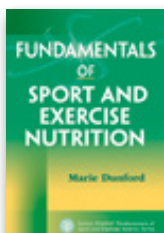
Creative Physical Education offers a creative extended learning experience centred on the development, performance, organisation and analysis of teamwork, student-created games, a season and practice activities. This all-in-one resource contains both a teacher's guide and a student workbook, plus a CD-ROM containing the project worksheets, which can be modified and printed for class use.



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WHAT DO YOU THINK?

We're constantly striving to provide better resources for all those who work in the field to provide better learning experiences and deliver improved performance. If you have any comments, questions or suggestions, get in touch today.

TEACHER RESOURCES

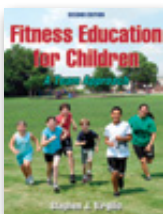
FITNESS EDUCATION FOR CHILDREN

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This updated edition emphasises the importance of collaboration to combat obesity and promote active living. It shows how to combine the efforts of PE teachers, administrators, classroom teachers, school volunteers, parents, school kitchen staff and health service professionals to provide children with a healthy, active lifestyle inside the school and out.

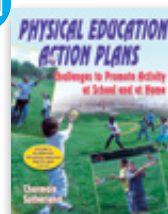


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This book and CD-ROM package provides 57 engaging action plans and 19 quick physical activities suitable for use in school and outside the classroom. It comes with tools, worksheets and other resources designed to help you assess activity and challenge your students to build the foundation for an active lifestyle. Ideal for children between five and thirteen.



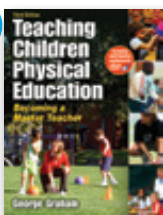
TEACHING CHILDREN PHYSICAL EDUCATION

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Student teachers will learn new skills and techniques. Experienced teachers are challenged to some new techniques for designing classes, developing lessons and adjusting tasks for individual children. All readers, regardless of experience, will learn how to make their classes vibrant, fun and developmentally appropriate.



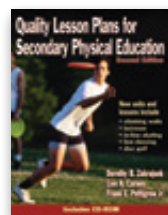
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Quality Lesson Plans for Secondary Physical Education provides the most comprehensive menu of lesson plans to spice up your secondary-level physical education curriculum. Packed with more than 500 physical education activities in 200 ready-to-use lesson plans, it's a resources gold mine.



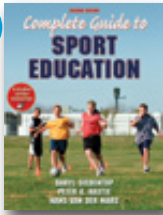
COMPLETE GUIDE TO SPORT EDUCATION

2nd Edition

ISBN 978-0-7360-9838-0

£29.99 / €39.00

The latest edition of *Complete Guide to Sport Education* contains everything future PE teachers need to implement effective programmes. Regardless of skill or confidence level, student teachers learn how to get children working together, supporting each other and gaining competence in sport and fitness skills so they can stay moving now and for a lifetime.

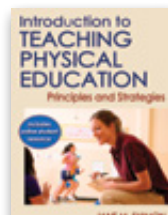


INTRODUCTION TO TEACHING PHYSICAL EDUCATION

ISBN 978-0-7360-8645-5

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This is the perfect introduction for newly qualified teachers. The text provides a solid background on the physical education field along with the ins and outs they need to know to become successful professionals. No other introductory text so successfully blends the theoretical, practical and inspirational aspects of teaching PE.

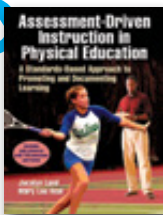


ASSESSMENT-DRIVEN INSTRUCTION IN PHYSICAL EDUCATION

ISBN 978-1-4504-1991-8

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A powerful tool for making informed class decisions, improving student learning and achieving excellent standards. Learn how to make the most of assessment with this new text and web resource. Develop assessments and gather information that helps you monitor student progress, structure effective lessons, and make grading fair, accurate and systematic.

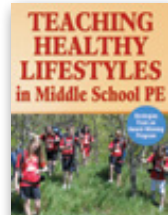


TEACHING HEALTHY LIFESTYLES IN MIDDLE SCHOOL PE

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This text contains strategies for building an award-winning programme that helps students make healthy, lasting lifestyle changes. It offers unit plans and ideas to add zest to your lessons and includes more wellness and lifestyle guidance in building staff, after-school and summer programmes for students as well as ways to secure parental support.





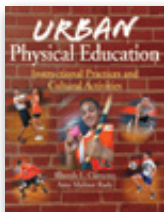
For anyone interested in physical education, school sport or health and fitness for young people *PE News* covers topics such as healthy eating,

lesson plans and curricula, sport for young people, childhood obesity and the latest government initiatives. humankinetics.me/newsletters

URBAN PHYSICAL EDUCATION

ISBN 978-0-7360-9839-7
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This title looks at the problems and rewards associated with teaching PE in inner-city schools. It provides innovative instructional practices on contemporary activities such as games and modified sports from around the world, as well as sport and performance activities such as urban dance, street running, urban golf and basketball. Full of great ways to engage children from urban backgrounds.



PERFORMANCE-BASED ASSESSMENT FOR MIDDLE AND HIGH SCHOOL PHYSICAL EDUCATION

2nd Edition
ISBN 978-0-7360-8360-7
£34.99 / €45.50

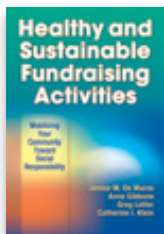


Rapidly create assessments and quickly implement them into your classes. Learn the different types of performance-based assessments in usage. Access models that can be customised and use the various tools available for assessing athletic ability.

HEALTHY AND SUSTAINABLE FUNDRAISING ACTIVITIES

ISBN 978-1-4504-1281-0
£13.99 / €18.20

This title offers a range of, eco-friendly and physically active fundraising alternatives to conventional food and product sales. Clear and complete explanations in the text provide the necessary information and tools to help inexperienced fundraisers organise successful eco-friendly and health-inspired fundraisers in the community.



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ISBN 978-0-7360-6208-4
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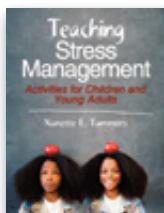


Motivating people to get moving for health and wellness just got easier. This guide for community action offers the tools and information you need to help people get off the couch and into a healthy lifestyle. Encourage your community or group members to hop on their bikes, take the stairs, or walk, *Promoting Physical Activity* is your guide to effective programmes.

TEACHING STRESS MANAGEMENT

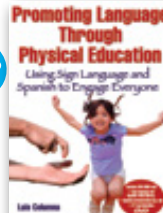
ISBN 978-0-7360-9336-1
£21.99 / €28.60

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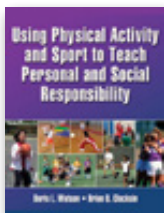
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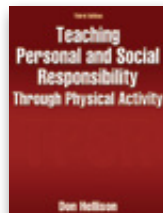
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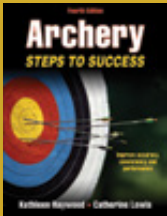
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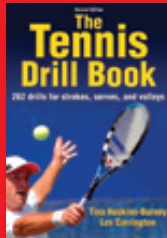
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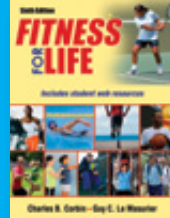
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