



Beyond the Gym, Grade 5: Physical Activity Lessons for the Non-Gym Teacher

School Specialty Publishing

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The six books in this series address the initiatives and suggestions presented by the American Heart Association, the National Center for Chronic Disease Prevention, and the U.S. Department of Health and Human Services to combat the growing percentage of obese children in the United States. The lesson plans for physical exercise outlined in each book focus on 36 weeks of easy-to-follow activities, games, and relays for students in kindergarten through fifth grade. These lessons and objectives promote and enhance the National Standards for Physical Education outlined by the National Association for Sports and Physical Education. The audiences are:

~the regular classroom teacher who needs to incorporate additional physical activities into their weekly curriculum

~the classroom teacher or substitute who needs to teach a physical activity class in the absence of a gym teacher

~the after-school program facilitator or teacher

~summer learning program directors, camp counselors, or group coordinators.

The books measure 8 ½ in. by 11 in. and span kindergarten through fifth grade. The lessons suggest readily available materials, location for activities, and level of physical activities. Detailed information on specific exercises and calisthenics are also provided. Great for kinesthetic learners.

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