

**20-MINUTE**

# **WALKING WORKOUT**



# Walking Workout Vs Tutorial

**MacDonald, Lynn Couturier, Doan,  
Robert, Chepko, Stevie**



## **Walking Workout Vs Tutorial:**

*Quality Lesson Plans for Secondary Physical Education* Dorothy Zakrajsek, Lois Carnes, Frank E. Pettigrew, 2003 Lesson plans for physical education including climbing walls lacross in line skating Includes 2 Copies of CD in Carousel 17 and 21

Lesson Planning for High School Physical Education MacDonald, Lynn Couturier, Doan, Robert, Chepko, Stevie, 2018 Lesson Planning for High School Physical Education offers more than 240 lesson plans that are standards based and ready to use These innovative plans are great for fostering physical literacy in your students The book also provides guidance on how to plan effective lessons that align with SHAPE America s National Standards and Grade Level Outcomes for K 12 Physical Education

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and techniques required teaching strategies safety considerations and additional resources In addition Teaching Lifetime Outdoor Pursuits offers clear instruction on what to teach how to teach it and how to assess student learning an attached CD ROM that supplies objectives sample lessons sample assessments and universal programming ideas for each outdoor pursuit presented in the book and information to help you advocate for adding outdoor activities to your program This authoritative resource will help you leave no child inside as you teach pursuits that not only get kids outside now but also help them develop a lifetime habit of outdoor enjoyment

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