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SHAPE America Sets the Standard™

The Essentials of Teaching Physical Education
Curriculum, Instruction, and Assessment

Stephen A. Mitchell
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The Essentials of Teaching Health Education
Curriculum, Instruction, and Assessment

Sarah Benes
Holly Alperin

Lesson Planning for Elementary Physical Education
Meeting the National Standards & Grade-Level Outcomes

Shirley Holt/Hale
Tina Hall

SHAPE America Sets the Standard™

Health and Physical Education for Elementary Classroom Teachers
An Integrated Approach

Retta R. Evans
Sandra K. Sims

TEACHING FUNDAMENTAL MOTOR SKILLS

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Third Edition

Positive Behavior Management in Physical Activity Settings

Barry W. Levay • Ron French • Hester L. Henderson

HUMAN KINETICS
The Information Leader in Physical Activity & Health
The Essentials of Teaching Physical Education

Curriculum, Instruction, and Assessment

SHAPE America Sets the Standard

Develop physically literate students and meet the national standards

The Essentials of Teaching Physical Education is the most up-to-date resource that meets the new SHAPE America National Standards and Grade-Level Outcomes. Integrated with SHAPE America recommended assessments, the text is comprehensive in its coverage of what future teachers need to know about teaching K-12 physical education and offers a flexible, individualized approach to enhance student learning and acquisition of skills.

The Essentials of Teaching Physical Education helps prepare future teachers by providing them with these aspects:

- Insight into student motivation
- A working knowledge of standards-based outcomes and content that will help students achieve the outcomes
- The ability to plan for learning in both the short and the long term
- Management and teaching skills to ensure an equitable environment that fosters student learning in three domains: psychomotor, cognitive, and affective
- The means to assess student learning and program effectiveness

In addition, The Essentials of Teaching Physical Education offers a teaching for learning approach to curriculum development, which makes it easy to put the content in action and prepare students to graduate with a high degree of physical literacy. The book will prepare future teachers to step into their jobs on day one, ready to deliver a high-quality program.

ANCILLARIES AVAILABLE

Web Resource

The web resource features learning activities, reproducibles from the book, and web links to relevant information from SHAPE America.

Teacher ancillaries include a test bank and presentation package.

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Look for sample content and more at www.HumanKinetics.com/SHAPEAmerica
Develop health-literate students through a skills-based approach

The Essentials of Teaching Health Education presents a skills-based approach to K-12 health education. This text, endorsed by SHAPE America, provides all you need in order to build, teach, and assess a health education program that will help your students develop the 21st-century skills that they need for success in college and in their careers beyond. In turn, these skills will enable students to maintain or improve health outcomes.

What sets this text apart is its flexibility in meeting the unique needs of schools, teachers, and students. It emphasizes an individualized approach to enhancing student learning and development of skills based on current research and national health education standards.

The Essentials of Teaching Health Education offers these features:

- Practical strategies for curriculum development with a skills-based approach—one that makes it easy to put the contents into action and make a meaningful impact on your students
- Real-world examples to aid in understanding and applying the content, along with summaries, key points, and review questions that help students retain the content
- Vocabulary words and definitions to help students keep up with the ever-changing health education terminology

The text is comprehensive and flexible to meet all of your students’ needs. With all the ancillaries and tools it provides, you are set to deliver a complete, well-rounded curriculum that will prepare future teachers for success.

ANCILLARIES AVAILABLE

Web Resource
The web resource contains supplemental learning activities for each chapter. They are provided as Word documents that you can adapt to meet students’ needs and that students can complete electronically. Many of the activities in the web resource, while geared toward preservice teachers, could be modified for use in the preK-12 classroom.

Teacher ancillaries include an instructor guide, test bank, and presentation package.
Lesson Planning for Elementary Physical Education offers expert guidance in planning lessons and curricula that are aligned with SHAPE America’s National Standards and Grade-Level Outcomes. The plans are flexible, reflect best practices, and are written by a team of master teachers. Endorsed by SHAPE America, the text contains the following features:

- 65 lessons that foster the achievement of physical literacy for children in kindergarten through grades 5
- Numerous learning experiences that engage students in the psychomotor, cognitive, and affective domains
- Curriculum design based on student growth
- Sequential lessons leading to mature patterns of motor performance
- An introductory chapter on the key points for the grade span, putting the lessons in context and providing a road map for planning curriculum, units, and lessons
- Instruction on creating high-quality lessons that reach the desired objectives

Teachers can use the lessons as presented or modify them to meet local needs. The lessons provide a structure for teachers to follow in developing their own learning experiences and curricula. For PE majors and minors, the lessons provide the ideal starting point in learning how to plan and deliver effective lessons to become proficient teachers, not just managers. In addition, all lessons and learning experiences include scripted cues.

ANCILLARIES AVAILABLE

Web Resource

The web resource features a digital version of all the lesson plans in the book. Teachers are also able to access the lesson plans using a mobile device, and they can download the plans to their device to use later or to print out.

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Part I Foundations of Lesson Planning
Chapter 1. Planning Lessons for Student Learning
Chapter 2. Meeting the National Standards and Grade-Level Outcomes in Elementary School
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About SHAPE America
In today's elementary schools, teachers who are not certified to teach health and physical education often are asked to do so. Health and Physical Education for Elementary Classroom Teachers: An Integrated Approach is the perfect resource for these educators. It covers both health education and physical education while giving teachers the skills for delivering appropriate lessons to their young students.

Retta Evans and Sandra Sims, respected educators and physical education advocates, provide everything teachers need in order to seamlessly incorporate health education and physical education into an integrated curriculum. Based on national health education, physical education, and state-specific academic standards including the Common Core state standards, this is a guide teachers can count on when empowering elementary students to become healthy and active.

The text is complemented with a full suite of ancillary products:
- Sample syllabus and course outline
- Chapter resources, including an overview, outline, review questions with answers, and learning activities
- Chapter questions to help in creating quick assessments of student learning or in building custom tests
- Approximately 250 slides to reinforce key points

The result is a great resource that classroom teachers can use to fulfill what is both a tremendous responsibility and a unique opportunity—promoting health and wellness in the elementary classroom using an integrated approach.

ANCILLARIES AVAILABLE

Web Resource
The web resource includes sample lesson plans that show how health education and physical education can be integrated into the existing curriculum. Organized by health education and physical education standards, two lesson plans exist for each standard. Electronic versions of the following material from the book are included:
- Review questions
- Glossary
- Resources
- Lab assignments

Teacher ancillaries include an instructor guide, test bank, and presentation package.
Teaching Fundamental Motor Skills, Third Edition, shows you how to teach 25 essential skills to elementary school children. The skills are aligned with the SHAPE America National Standards and Grade-Level Outcomes.

Following are some of the features new to this edition:

- The content is directly tied to the SHAPE America National Standards and Grade-Level Outcomes and is endorsed by SHAPE America, which is including it in their lineup of resources for physical educators.
- A web resource contains reproducible forms and checklists. This material is easily accessible and printable from mobile devices. The fillable PDFs are a great aid in record keeping.
- Animations of each skill on the web resource help children and teachers better understand the critical elements of each skill and identify skill techniques that need to be corrected.
- All the content is now in print format; some content is also in CD-ROM format.

In addition, Teaching Fundamental Motor Skills retains many of the features from its earlier editions that have made the book a favorite among physical educators: outstanding illustrations, cues for you to use in teaching the skills, a troubleshooting chart for spotting and correcting common errors for most skills, assessment sheets, lesson plans, activities, and a wealth of supplementary material.

**ANCILLARIES AVAILABLE**

**Web Resource**

The web resource includes partner skill check assessments and troubleshooting charts that can be printed out or used on mobile devices. Online animations bring the critical elements of each motor skill to life. Cue sets with the critical elements illustrated are also included.
National Standards and outcomes to guide K-12 PE curriculum development and assessment

National Standards & Grade-Level Outcomes for K-12 Physical Education is the new K-12 physical education national standards. What sets this new edition of the physical education national standards apart is the inclusion of grade-level outcomes. These measurable outcomes are organized by level (elementary, middle, and high school) and by standard. In developing the grade-level outcomes, the authors focus on motor skill competency, student engagement and intrinsic motivation, instructional climate, gender differences, lifetime activity approach, and physical activity. All outcomes are written to align with the standards and with the intent of creating physically literate students—those who are most likely to attain and maintain a lifetime of physical activity.

Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide is a practical, field-tested tool that provides teachers with strategies to emphasize health-related fitness while maintaining all the components of their existing programs. It also guides teachers in developing effective new fitness education programs.

Physical Education for Lifelong Fitness includes:
- updated health-related fitness concepts and expanded discussions on teaching principles and training concepts;
- enhanced information on assessment, nutrition, inclusion, and goal setting;
- examples for applying the material in real-world physical education settings; and
- ready-to-use instructor resources, including a presentation package and a test package.

The text can stand alone or be used with the Physical Best Activity Guides for the elementary, middle school, and high school levels.

ANCILLARIES AVAILABLE

Test Package
The test package consists of 160 ready-made test questions that feature multiple-choice and true-false questions covering the content from all chapters.

Presentation Package
Presents 196 slides of key concepts covering all 14 chapters in PowerPoint format.

All ancillary materials for this text are FREE to course adopters and available online at www.HumanKinetics.com/PhysicalEducationForLifelongFitness.
MORE HEALTH EDUCATION RESOURCES

**Foundations of Wellness**
Bill Reger-Nash, EdD, Meredith Smith Ludden, MS, MA, and Gregory Juckett, MD, MPH
2015 • Paperback • 256 pp
Print: ISBN 978-1-4504-0200-2 • $44.00
($60.95 CDN, £32.99 UK, €46.20 EURO)
($27.95 CDN, £14.16 UK, €18.42 EURO)

In *Foundations of Wellness*, your students will explore physical, mental, emotional, social, environmental, and spiritual realms of wellness; discover wellness strategies; and learn how to make healthy behavioral changes. *Foundations of Wellness* will help them achieve balance and peace of mind in their life.

**Promoting Health and Academic Success**
David A. Birch, PhD, MCHES, and Donna M. Videto, PhD, MCHES
2015 • Paperback • 248 pp
Print: ISBN 978-1-4504-7765-9 • $49.00
($67.95 CDN, £35.99 UK, €50.40 EURO)
($31.95 CDN, £15.83 UK, €20.58 EURO)

Presents direction for practitioners in the planning, implementation, and evaluation of WSCC

*Promoting Health and Academic Success* is a valuable resource for advocacy, planning, implementation, and evaluation related to the Whole School, Whole Community, Whole Child approach. It’s also ideal for undergraduate and graduate courses that address a coordinated approach to school health.

**Christian Paths to Health and Wellness, Second Edition**
Peter Walters, PhD, and John Byl, PhD, Editors
2013 • Paperback • 328 pp
Print: ISBN 978-1-4504-2454-7 • $47.00
($64.95 CDN, £34.99 UK, €49.00 EURO)
($29.95 CDN, £14.16 UK, €18.42 EURO)

Integrate faith and spirituality with physical well-being

*Christian Paths to Health and Wellness, Second Edition*, helps readers embrace the concepts and lifestyle choices of health and well-being as part of the Christian life. This text contains the latest information about nutrition, physical fitness, and emotional wellness plus practical tools and inspiration to help readers make gradual and permanent change.

**Stress Management**
Nanette E. Tummers, EdD
2013 • Hardback • 200 pp
Print: ISBN 978-1-4504-3166-8 • $39.00
($53.95 CDN, £28.99 UK, €40.60 EURO)
($24.95 CDN, £12.49 UK, €16.25 EURO)

Managing stress in a holistic and positive way

*Stress Management* presents student-tested tools for managing stress in six dimensions: physical, emotional, intellectual, social, spiritual, and environmental. The book takes a holistic view of managing stress rather than looking only at the symptoms. It draws heavily from leading research and best practices from experts in the field of positive psychology, such as Seligman (flourishing), Benson (relaxation response), and Kabat-Zinn (mindfulness), helping college students focus on their strengths.

Look for sample content and more at www.HumanKinetics.com
Manage behavior and create a physical activity environment that is conducive to performance and learning

The third edition of *Positive Behavior Management in Physical Activity Settings* offers creative ways to facilitate appropriate and responsible behaviors as well as prevent and redirect disruptive behaviors. Professionals will be able to create healthy learning environments that empower children rather than control their behavior. This new edition includes new chapters on bullying, children with special needs, behavior management ethics, plus a new section on motivating children who are overweight or obese.

*Positive Behavior Management in Physical Activity Settings* offers current and future K-12 physical educators, coaches, recreation specialists, and adapted physical education specialists guidance in motivating young people. You will learn how to manage behavior and create a physical activity environment that is conducive to performance and learning.

Positive Behavior Management in Physical Activity Settings, Third Edition
Barry W. Lavay, PhD, Ron French, EdD, CAPE, Hester L. Henderson, PhD
2016 • Paperback with keycode • 296 pp
Print: ISBN 978-1-4504-6579-3 • $49.00
($67.95 CDN, £49.70 EURO)
($31.95 CDN, £20.58 EURO)

ANCILLARIES AVAILABLE

Web Resource
The web resource features behavior management scenarios and sample forms from each chapter. Also included are instructions for designing graphs and trifold displays, useful websites and apps, and a glossary by chapter.

Instructor Guide
The instructor guide features several sample syllabi, course outlines, sample assignments, and answers to chapter review questions. Also included are suggested reading material and useful websites and apps.

Practical examples of effective teaching skills used by K-12 physical educators

If you’re teaching—or preparing to teach—physical education in an elementary, middle, or high school, put the skills and techniques of master teachers to work. The fourth edition of the already-successful *Teaching Children and Adolescents Physical Education* has been expanded to include new research, examples, technology tips, sample task sheets, and assessment examples straight out of the real world of secondary education. Get practical advice on what really works in gymnasiums and on playgrounds. Learn how to plan and develop lessons and adjust them for diverse students. And put into practice the strategies of master teachers to make your classes fun, vibrant, and developmentally appropriate.

Teaching Children and Adolescents Physical Education, Fourth Edition
George Graham, PhD, Eloise Elliott, PhD, and Steve Palmer, PhD
2016 • Paperback • Approx 328 pp
For pricing, call 1-855-HPERD-HK or e-mail k12sales@hkusa.com.

ANCILLARIES AVAILABLE

Web Resource
The web resource includes new video and retains the classic video clips of real-world physical educators from previous editions directed to the full K-12 spectrum that demonstrate teaching techniques described in the book. Also included are blank versions of worksheets that students can download and use in classes or labs.

Teacher ancillaries include an instructor guide, test bank, and presentation package.

Look for sample content and more at www.HumanKinetics.com
Integrate standards-based assessment with instruction for better teaching and learning

Make assessment work for you with *Assessment-Driven Instruction in Physical Education: A Standards-Based Approach to Promoting and Documenting Learning*. This practical resource helps middle and high school teachers and teacher candidates understand and use standards-based assessment to inform teaching and improve learning in physical education. You'll find research-based information and strategies for assessing the psychomotor, cognitive, and affective domains as well as gain a solid understanding of assessment concepts and learn how to use assessment data to make instructional decisions. Readers will also benefit from unique practice tasks found in both the text and web resource that provide experience in designing a range of assessment tasks and forms.

*Assessment-Driven Instruction in Physical Education*
Jacalyn Lea Lund, PhD, Mary Lou Veal, EdD
2013 • Paperback with Web Resource • 224 pp
($50.95 CDN, £27.49 UK, €38.50 EURO)
($21.95 CDN, £10.83 UK, €14.08 EURO)

Designing games that support motor and cognitive development

*Enhancing Children’s Cognition with Physical Activity Games*, written by three authorities in teacher education, exercise physiology, and sport science, shows you how to apply current concepts in child development, cognitive science, physical education, and teacher training to create movement-based learning experiences that benefit children both physically and mentally.

You will be guided in creating environments that lend themselves to cognitive development and enhanced academic achievement. And you will understand not only how to create games to foster cognitive development but why such games are so useful in developing the whole child. The book is presented in three parts. Each chapter concludes with practical implications for teachers, helping you to put into context the information you have come across in that chapter.

*Enhancing Children’s Cognition with Physical Activity Games* helps educators create, design, implement, and evaluate problem-solving games that foster children’s mental engagement and thoughtful decision making. Kids are highly motivated by problem-solving games, and the cognitive skills they develop in solving those problems can be translated to their academic success.

*Enhancing Children’s Cognition With Physical Activity Games*
Phillip D. Tomporowski, PhD, Bryan A. McCullick, PhD, Caterina Pesce, PhD
2015 • Paperback • 256 pp
Print: ISBN 978-1-4504-4142-1 • $39.00
($53.95 CDN, £28.99 UK, €40.60 EURO)
($24.95 CDN, £12.49 UK, €16.25 EURO)

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*Assessment-Driven Instruction in Physical Education*
Jacalyn Lea Lund, PhD, Mary Lou Veal, EdD
2013 • Paperback with Web Resource • 224 pp
($50.95 CDN, £27.49 UK, €38.50 EURO)
($21.95 CDN, £10.83 UK, €14.08 EURO)
Incorporate the tactical games approach into your curriculum

The third edition of *Teaching Sport Concepts and Skills* now covers the elementary level as well as middle and secondary levels. It shows teachers how to move from a traditional to a tactical games approach with detailed unit and lesson plans, a DVD-ROM with video clips and reproducibles, and a standards-linked Game Performance Assessment Instrument (GPAI). With this text readers can structure positive and engaging learning experiences that set the stage for improved performance and lifelong enjoyment of sport.

**Teaching Sport Concepts and Skills, Third Edition**
Stephen A. Mitchell, PhD, Judith L. Oslin, PhD, and Linda L. Griffin, PhD
2013 • Paperback with DVD • 672 pp
Print: ISBN 978-1-4504-1122-6 • $65.00
($89.95 CDN, €46.99, £65.80)

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Gain competence and confidence to be active throughout life

*Complete Guide to Sport Education, Second Edition,* will help you get—and keep—your students active. The text offers a blend of rock-solid theory and practical application for a wealth of games, sports, and fitness activities. The teacher resources make it easy to prepare for, administer, and assess the program. Students learn skills, fair play, and responsibility and are more likely to remain active outside of school as they gain competence.

**Complete Guide to Sport Education, Second Edition**
Daryl Siedentop, PED, Peter A. Hastie, PhD, and Hans van der Mars, PhD
2011 • Paperback • 224 pp
Print: ISBN 978-0-7360-9838-0 • $42.00
($57.95 CDN, £31.49 UK, €44.10 EURO)
($24.95 CDN, £12.49 UK, €16.25 EURO)

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Ground students in foundational concepts, issues, and skills

*Introduction to Teaching Physical Education* is the ideal starting point for freshmen and sophomores who want to become PE teachers. They learn history, concepts, and teaching skills; examine scope and sequence; and delve into teaching duties, motivation and behavior management strategies, assessment, and lesson planning.

**Introduction to Teaching Physical Education**
Jane M. Shimon, EdD, ATC
2011 • Hardback with online student resource • 240 pp
Print: ISBN 978-0-7360-8645-5 • $62.00
($85.95 CDN, £51.49 UK, £72.10 EURO)
E-book: ISBN 978-1-4504-0223-1 • $34.00
($39.95 CDN, £19.16 UK, £24.92 EURO)

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Expert guidance in providing quality programming for youngsters with unique needs

*Adapted Physical Education and Sport, Fifth Edition,* offers a comprehensive look at providing high-quality physical education and sport experiences for people through age 21 with disabilities. Readers learn best practices and applications for inclusion and discover how to develop individualized education programs.

**Adapted Physical Education and Sport, Fifth Edition**
Joseph P. Winnick, EdD, Editor
2011 • Hardback with DVD • 656 pp
Print: ISBN 978-0-7360-8918-0 • $97.00
($133.95 CDN, £68.99 UK, £96.60 EURO)
E-book: ISBN 978-1-4504-1292-6 • $53.00*
($62.95 CDN, £29.99 UK, £39.00 EURO)
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Ideal for physical education and adapted physical education courses across the K-12 curriculum

*Physical Education for Students With Autism Spectrum Disorders: A Comprehensive Approach* offers strategies, insight, and tools to help physical education teachers design a curriculum that includes students with autism spectrum disorders (ASD).

**Physical Education for Students With Autism Spectrum Disorders**
Michelle Grenier, Editor
2014 • Paperback • 152 pp.
($39.95 CDN, £21.99 UK, €30.80 EURO)
E-book: ISBN 978-1-4504-6567-0 • $22.00
($25.95 CDN, £12.49 UK, €16.25 EURO)

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Protocols, test items, and standards for assessing youngsters with disabilities

*Brockport Physical Fitness Test Manual: A Health-Related Assessment for Youngsters With Disabilities, Second Edition,* offers adapted physical education teachers the most complete and up-to-date health-related fitness testing program available for youngsters with disabilities.

**Brockport Physical Fitness Test Manual, Second Edition**
Joseph P. Winnick, EdD and Francis X. Short, PED
2014 • Paperback With Web Resource • 160 pp
Print: ISBN 978-1-4504-6869-5 • $42.00
($46.95 CDN, £28.49 UK, £37.05 EURO)
($32.95 CDN, £20.99 UK, £27.30 EURO)

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