



# Maximum Middle School Physical Education

*Mary Hirt, Irene Ramos*

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When kids take part in the activities that come from Maximum Middle School Physical Education, they won't be able to wait for their next physical education class! Written and piloted by the 2003 NASPE National Middle School Physical Education Teacher of the Year, the lessons and activities provided in this comprehensive book and CD-ROM package will keep middle school students interested and help you meet your daily challenges as a physical education teacher.

*Maximum Middle School Physical Education* offers a mix of student-centered activities and lesson plans that foster affective growth, physical skills, and knowledge development. It's called *maximum* physical education because the book and CD-ROM provide much more than just lesson plans, assessment sheets, and activities—it's a detailed guide to a joyful experience in physical education.

The authors base their content on current best practices and the National Standards for Physical Education. They help you capture and keep middle schoolers' attention with activities that encompass fitness exercises, social skills, and physical skill development. With this package, you'll be able to

- use a wealth of fresh ideas that address the whole middle school student at this vital time of development;
- broaden your program's impact with the social, emotional, and personal responsibility threads woven through each lesson; and
- use over 150 worksheets, assessments, and other reproducibles to help you minimize prep time and stay organized.

The CD-ROM also contains handouts, task cards, posters, and station instructions. The book includes thumbnails of the CD-ROM items so that you know when to include them in your teaching. The text also provides practical information and tested-and-true suggestions on promoting your program and making physical education a maximum learning experience for all involved.

*Maximum Middle School Physical Education* will help you empower students to take responsibility for their own activity and fitness. And it will help you create an environment where your students experience maximum success, joy, and love for movement.

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