

Getting To Know Physical Best

By Meg Greiner

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Overview: The Physical Best program of the National Association for Sport and Physical Education (NASPE) is a health-related fitness education program for use in conjunction with K-12 physical education curricula. The purpose of Physical Best is to assist physical educators in teaching health-related fitness education, through quality resources and professional development training, with a focus on teaching cognitive concepts and knowledge through activity, enjoyment of physical activity and inclusiveness of all children.

Physical Best is a comprehensive health-related fitness education program developed by physical educators for physical educators that focuses on:

- Educating *all* children regardless of athletic talent, physical and mental abilities or disabilities
- Moving students from dependence to independence for their own fitness and health
- Promoting regular, enjoyable physical activity
- Lifetime Fitness Education

Educate, challenge, and encourage all children to develop the knowledge, skills and attitudes for a healthy and fit life with Physical Best.

Can be purchased through Human Kinetics.
<http://www.humankinetics.com/physicalbest>

Activities come from:

Physical Best Activity Guide, Elementary Level, Third Edition

Physical Best Activity Guide, Middle And High School, Third Edition

Activities:

Elementary:

3.3 Artery Avengers, pg 36 Elementary Book. Level: Primary, Concept: Physical Activity 12 hoops, fleece balls

3.5 Treasure Island, pg. 40 Elementary Book. Level: Intermediate, Concept: Health Benefits wrist bands, 12 hoops, benefit cards

4.1 Hit The Deck, pg. 80 Elementary Book. Level: Primary, Concept: Muscular Strength and Endurance Exercise cards

4.10 Clean The Beach, pg. 105 Elementary Book. Level: Primary, Concept: Specificity Hoops, yarn balls, beanbags

4.11 Shuffle and Hustle, pg. 107 Elementary Book, Level: Intermediate, Concept: Specificity. Card deck, signs

5.4 Intermediate Yoga Poses pg. 140 Elementary Book, Level: Intermediate, Concept: Health Benefits Yoga cards

5.11 Roll The Stretch pg. 159 Elementary Book, Level: Both Primary and Intermediate, Concept: Specificity or type Dice, cards

6.7 Hoop It Up With Food, pg. 186 Elementary Book. Level: Primary, Concept Nutrition Hoop it up cards, hula hoops 6 diff. colors

7.1 Fitness Tag pg. 201 Elementary Book. Level: Primary, Concept: Fitness Components bean bags, noodles, cones

Middle/High School:

3.8 Continuous Relay pg. 41 Middle/HS Book. Level: All, Concept: Intensity and Time

4.1 Go For The Team Gold pg. 55 Middle/HS Book. Level: Middle School, Concept: Health Benefits cards

5.1 Stretch Marks The Spot pg. 87 Middle/HS Book. Level: Middle School, Concept: Specificity