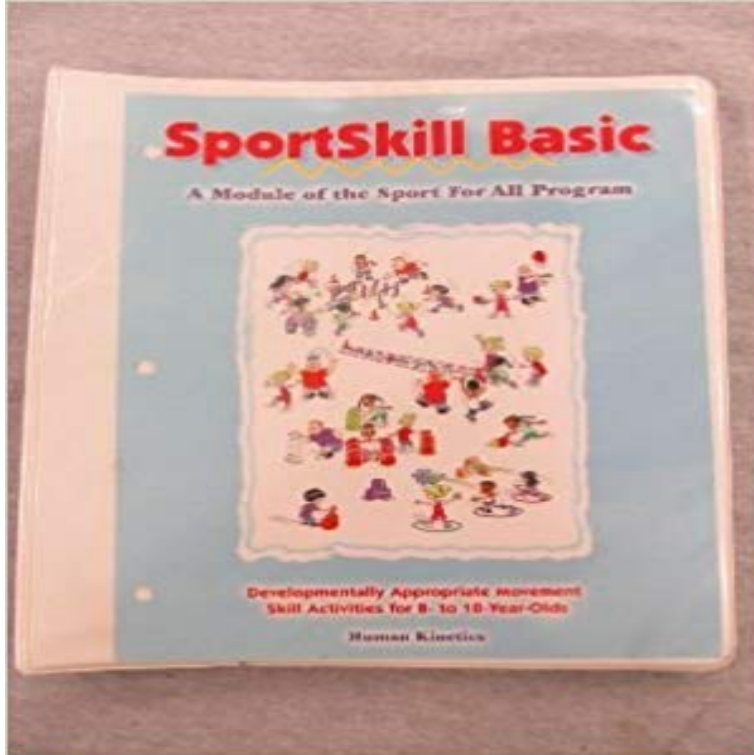


SportSkill Basic: Developmentally Appropriate Movement Skill Activities for 8-10 Year Olds (Sport for All)



Too many children become sedentary as they reach adolescence because they lack confidence in their ability to participate in sports. But if children have a chance to learn and practice the essential motor and physical skills used in most sports, and do it in an enjoyable, non-intimidating setting, they're much more likely to participate in sports and remain physically active as adults. SportSkill Basic provides you with a ready-made program of games and physical activities proven to help 8- to 10-year-old children develop and refine basic sport skills. And most important this program is fun. SportSkill Basic is one of a series of developmentally based activity modules in Sport For All, a collaborative effort of the National Association for Sport and Physical Education (NASPE), Sportime, and Human Kinetics. The activities are not sport-specific; they focus on basic locomotor, nonlocomotor, and manipulative skills that children need to participate in sports and physical activity. The gamelike activities are developmentally appropriate and can be set up easily, quickly, and safely. This easy-to-use packet provides more than enough games and fun for each week in the standard school year. Inside you'll find the following: 40 full-color, illustrated activity cards that are three-hole punched and water-resistant. Instructions for teaching the activities correctly in a way that children enjoy. A handy Activity Finder to quickly determine the equipment required for each activity. Whether you're a teacher or program leader, this packet is full of fun activities to build confidence and basic skills in children and to teach them how much fun sport participation can be.

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