



# Designing the Physical Education Curriculum: Promoting Active Lifestyles

*Judith Rink*

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## **Designing the Physical Education Curriculum: Promoting Active Lifestyles** Judith Rink

Using the national standards as a guide, *Designing the Physical Education Curriculum: Promoting Active Lifestyles* shows you how to plan and develop effective physical education curricula at the elementary, middle, and high school levels. Taking a practical approach, the text balances curriculum theory with strategies for planning and implementation. The book will help you plan programs that achieve the goal of educating children for physically active lifestyles.

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