



# Dynamic Physical Education for Elementary School Children (18th Edition)

By Robert P. Pangrazi, Aaron Beighle

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*Dynamic Physical Education for Elementary School Children* delivers comprehensive techniques on skill development, activity promotion, and physical fitness behaviors, designed to broaden the role and preparation of future and existing physical educators. Physical Education instructors are under pressure to teach more with fewer resources, and this comprehensive text is here to help.

The **Eighteenth Edition** teaches students how to tailor activities to a range of abilities and make classes valuable for all children, regardless of their aptitude for athletics, and adapt games for classroom use if a gym or other open space is not available. Whether students have previous teaching experience, are currently teaching, or haven't yet taught in a classroom setting, this text will quickly bring them up to speed on current Physical Education practices to help the next generation live active and healthy lives.

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### Editorial Review

#### About the Author

**Robert P. Pangrazi, Ph.D.**, taught for 31 years at Arizona State University, Tempe, in the Department of Exercise Science and Physical Education, and is now Professor Emeritus. An AAHPERD Honor Fellow and a Fellow in the Academy of Kinesiology and Physical Education, he was honored by the National Association for Sport and Physical Education (NASPE) with the Margie Hanson Distinguished Service Award. He is a best-selling author of numerous books and texts over the years, including multiple editions of *Dynamic Physical Education for Elementary School Children* and *Dynamic Physical Education for Secondary School Children*, with Paul W. Darst (Pearson). He co-edited *Toward a Better Understanding of Physical Fitness and Activity: Selected Topics*, for the President's Council on Physical Fitness and Sports, with Chuck Corbin (a McGraw-Hill fitness and wellness author). In addition to numerous other books and texts, he has written many journal articles and scholarly papers for publication.

**Aaron Beighle, Ph.D.**, is Associate Professor at the University of Kentucky, Lexington in the Department of Kinesiology and Health Promotion, teaching Physical Education Methods courses. In addition to numerous scholarly articles and other academic materials and frequent chapter contributions to a number of widely-used texts including previous editions of *Dynamic Physical Education for Elementary School Children*, he co-authored *Pedometer Power* (2e, 2007, Human Kinetics), and *Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12* (2e, 2004, NASPE). His areas of research include physical activity promotion, specifically examining school-based physical activity programs, and the use of pedometers to encourage physical activity for youth.

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