



# The Essentials of Teaching Physical Education: Curriculum, Instruction, and Assessment

*SHAPE America, Stephen Mitchell, Jennifer Fisette*

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The Essentials of Teaching Physical Education helps future teachers prepare to use the teaching for learning approach to K-12 physical education. In line with SHAPE America Standards and Grade-Level Outcomes, this text will aid teachers in acquiring the skills and knowledge they need in order to develop physically literate students.

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