

TEACHING SELF-DEFENSE IN SECONDARY PHYSICAL EDUCATION

**Includes unit plans, handouts,
and assessment tools**



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Teaching Self-Defense in Secondary Physical Education



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Most people have no idea how exactly to defend themselves against a physical strike; Even if you have no knowledge of self-protection strategies, with this publication you can educate your college students personal safety, conflict-resolution methods, and self-defense tactics. Teaching Self-Defense in Secondary Physical Education can be an ideal match to get California physical education content standards, but it's similarly effective for use in virtually any state. they just hope it never happens to them. Joan Neide, a physical education instructor with a seventh-degree black belt in Uechi-ryu karate, has generated an easy-to-use reference that will help you increase your students' awareness and avoidance abilities and learn the basic physical skills they need to be able to defend themselves. With Teaching Self-Defense in Secondary Physical Education, you can equip your students with the knowledge and skills to reduce their chances of being the victims of violence and deal with an attacker with minimal confrontation. With it you can help learners- believe critically and make sound decisions about their homes and personal security, - learn the motor abilities and movement patterns they need to be able to defend themselves, - develop poise and confidence to react successfully in dangerous circumstances, and- define their own limitations as they connect with self-defense. Teaching Self-Protection in Secondary Physical Education contains clear-slice, well-organized, and flexible lesson plans that allow you to coach self-defense and leave your learners ready and poised to defend themselves. Neide includes a detailed description of every self-defense skill and release in a straightforward, structured format. This versatility makes it easy to work with these plans within your very own curriculum. The book also offers in-depth safety suggestions and suggestions which will allow you to create a secure and nonthreatening learning environment. You are demonstrated step by step how exactly to perform each stance, step, technique, and discharge. These plans were created for coed classes in 50- to 60-minute periods, but Neide provides practical strategies to adapt the plans for any course size and placing. Further, the programs are well illustrated and easy to follow, and they include all of the handouts, overheads, and assessments you need for teaching a self-defense unit. Teaching cues and course business are also included. Finally, Neide includes activities that focus on house and personal protection. Neide materials 19 detailed lesson programs that hide to 20 days for a two- or four-week unit.



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Five Stars Truth, I couldn't show the book was used. It looked brand new.



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