



# Urban Physical Education: Instructional Practices and Cultural Activities

*Rhonda Clements, Amy Meltzer Rady*

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*Urban Physical Education* targets the teaching circumstances and conditions of urban schools with innovative instructional practices and culturally diverse and contemporary activities. You'll find games and modified sports from around the world as well as sport and performance activities such as urban dances, parkour, urban golf, freestyle basketball, and fitness routines.

Each of the 39 activities includes a brief description, a simplified teaching process, key instructional points, alignment with NASPE national standards, and a basic closure activity. An activity finder makes it easy to find activities to fit in your curriculum, and ready-made rubrics help you assess readiness of preservice teachers, partner and group interactions, and lesson effectiveness.

Authors Clements and Rady combine their expertise and experience to help you better understand urban school environments and become a more effective leader, instructor, and mentor to the diverse students in your school. More than an activity book, *Urban Physical Education* identifies the common challenges facing today's urban physical education teachers and presents culturally responsive instructional practices developed by experienced teachers working in urban schools.

Suggestions and tools in the book will help you improve your teaching demeanor, respond to behavioral problems, implement protocols for large classes, and address the needs of English language learners. With *Urban Physical Education*, you'll learn how to generate a new level of student enthusiasm and participation; develop and reinforce effective teaching practices; and enhance your existing curriculum with innovative, contemporary, and culturally diverse activities for middle and high school students.

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