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## Kids With Zip: A Practical Resource for Promoting Active Children Ages 3-12

*By Joanne Landy, Keith Burrridge*



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### Kids With Zip: A Practical Resource for Promoting Active Children Ages 3-12 By Joanne Landy, Keith Burrridge

Motor skills are the building blocks of all movement. Children who are physically active from an early age and have positive, enjoyable and successful movement experiences in the early stages of life will continue to engage in and pursue activity on a regular basis.

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Kids with Zip focuses on the best movement experiences for 3 to 12 year olds and provides over 600 ideas for stimulating indoor, outdoor, individual and group activities. Fully illustrated and using simple action figures, Kids with Zip provides a wealth of background information and practical advice for educators and parents, including:

- Nutritional facts
- Fitness facts
- Strategies for encouraging the reluctant child
- Considerations for children with special needs
- Safety pointers
- Using homemade equipment
- Locating equipment
- Motor coordination principles
- Characteristics of 3 to 12 year olds

Kids with Zip is an easily accessible and useful resource for anyone and everyone who is involved with young children including teachers, day-care and after-school educators, recreational instructors and parents.



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### **Editorial Review**

#### About the Author

**Joanne M Landy** has over 25 years of teaching experience as a primary and secondary PE specialist. She is the co-author of two series published by Prentice Hall/Parker Publishing - the "*Ready to Use PE Activities Program*" and the "*Complete Motor Skills Activities Program*". She has also been involved with University demonstration teaching for methodology and pedagogy programs in Canada and now lectures at Murdoch University, WA. Joanne operates Lifestyle Education, a PE consulting company.

**Keith R Burrridge** has 25 years of experience as a primary and secondary PE specialist and special educator to children with movement difficulties. Keith co-authored the "*Complete Motor Skills Activities Program*" with Joanne. He has written for the Fundamental Movement Skills Package developed by the WA Department of Education.

### **Users Review**

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Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite e-book and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the reserve entitled Kids With Zip: A Practical Resource for Promoting Active Children Ages 3-12. Try to face the book Kids With Zip: A Practical Resource for Promoting Active Children Ages 3-12 as your good friend. It means that it can for being your friend when you experience alone and beside associated with course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you far more confidence because you can know almost everything by the book. So , let's make new experience along with knowledge with this book.

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##### **Kevin Diaz:**

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