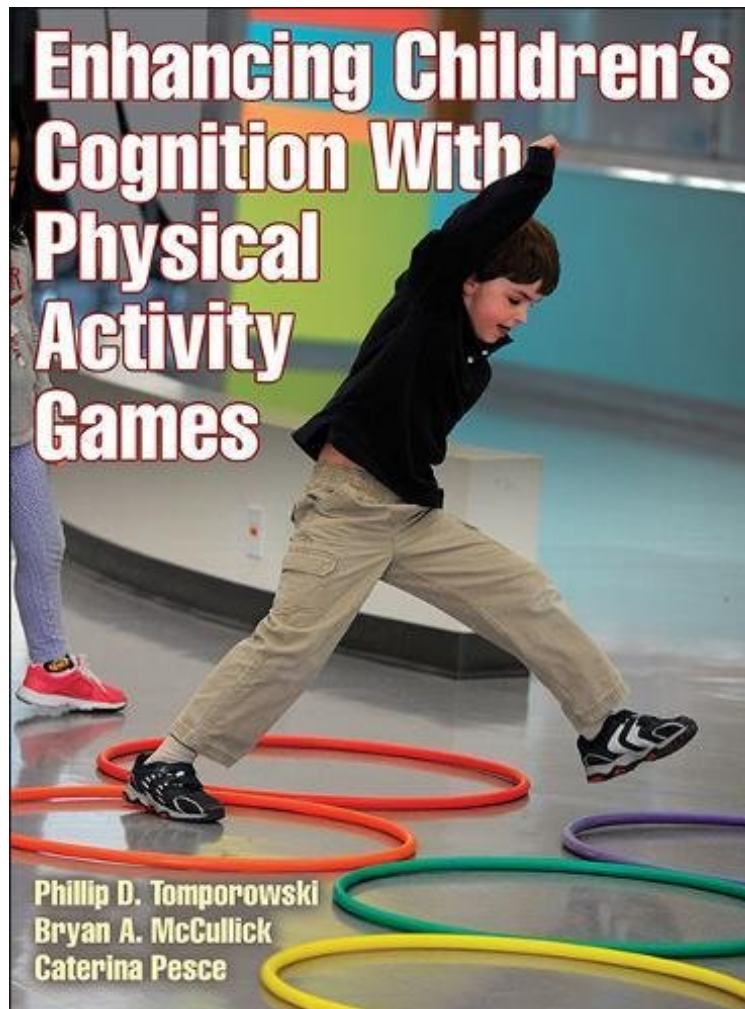


Enhancing Children's Cognition With Physical Activity Games

Phillip Tomporowski, Bryan McCullick, Caterina Pesce
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Phillip Tomporowski, Bryan McCullick, Caterina Pesce : Enhancing Children's Cognition With Physical Activity Games before purchasing it in order to gage whether or not it would be worth my time, and all praised Enhancing Children's Cognition With Physical Activity Games:

There are plenty of books that help you use or create games that develop childrens physical skills, and its now widely accepted that physical activity can have a positive effect on academic achievement. But this is the first book that shows you how to tailor physical activity games specifically to enhance childrens cognitive abilities. Enhancing Childrens Cognition with Physical Activity Games, written by three authorities in teacher education, exercise physiology, and sport science, shows you how to apply current concepts in child development, cognitive science,

physical education, and teacher training to create movement-based learning experiences that benefit children both physically and mentally. You will be guided in creating environments that lend themselves to cognitive development and enhanced academic achievement. And you will understand not only how to create games to foster cognitive development but why such games are so useful in developing the whole child. *Enhancing Childrens Cognition with Physical Activity Games* offers the following features: Two chapters of sample games, one for preschoolers and kindergartners, the other for elementary school children Expert guidance in creating your own games for children ages 3 to 12, with an emphasis on developmental ranges of 3 to 7 and 7 to 12 A practice-oriented model of teacher education that shows you how you can best develop and implement physical activity games that support both motor and cognitive development The book contains a running glossary to help teachers and students understand the terms used. It also discusses several models of 21st-century learning, highlighting the role that physical activity games play in a comprehensive education. *Enhancing Childrens Cognition With Physical Activity Games* is equally useful for teachers working with children in school, before school, or after school and for program directors working with children in community programs. The authors link their application to research, creating a practical reference for professionals in the field, whatever their setting. The book is presented in three parts. Part I grounds you in the research that shows how physical activity affects childrens mental development. You will learn how physical activity benefits childrens cognition and academics, how movement games help children think and learn, and how to create a motivational environment where children want to learn. Part II helps you translate research into practice. You will explore how movements create mental maps and affect mental health, how to engage children in playful learning, and how to incorporate physical activity into your teaching and enhance your teaching models. You will also consider how to assess children at playhow to collect data and know when your program is being effectiveand how to apply physical activity games in both the home and the community. In part III, you are supplied with games for preschoolers, kindergartners, and elementary school children. Youll find games that emphasize three principles: contextual interference, mental control, and discovery. Each chapter concludes with practical implications for teachers, helping you to put into context the information you have come across in that chapter. *Enhancing Childrens Cognition with Physical Activity Games* helps educators create, design, implement, and evaluate problem-solving games that foster childrens mental engagement and thoughtful decision making. Kids are highly motivated by problem-solving games, and the cognitive skills they develop in solving those problems can be translated to their academic success.