



Teaching Lifetime Outdoor Pursuits

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Do you want to help your middle and high school students become more resilient and patient, acquire new skills, and sharpen their problem-solving abilities while feeling competent and good about themselves? If you do, then *Teaching Lifetime Outdoor Pursuits* is the ideal tool for you.

Editors Jeff Steffen and Jim Stiehl are nationally known physical educators with extensive experience in outdoor education teaching and teacher training. They brought together some of the nation's foremost experts in specific outdoor pursuits—such as bouldering, caving, rock climbing, and orienteering—to craft a book designed for physical educators who either have outdoor programs or who want to use outdoor activities in their traditional PE programs.

The 12 topics included in *Teaching Lifetime Outdoor Pursuits* represent the outdoor pursuits that show the greatest growth in traditional PE programs. With each pursuit, students can challenge themselves and spend time outside of the customary classroom context while sharing an adventure with their teachers that can create a profoundly different student–teacher relationship.

Teaching Lifetime Outdoor Pursuits is a comprehensive resource whose ideas and content can be incorporated into a traditional PE program regardless of geographic location. The activities for each pursuit align with NASPE content standards. For each pursuit, you are given detailed information on equipment needed, basic skills and techniques required, teaching strategies, safety considerations, and additional resources.

In addition, *Teaching Lifetime Outdoor Pursuits* offers

- clear instruction on what to teach, how to teach it, and how to assess student learning;
- an attached CD-ROM that supplies objectives, sample lessons, sample assessments, and universal programming ideas for each outdoor pursuit presented in the book; and
- information to help you advocate for adding outdoor activities to your program.

This authoritative resource will help you “leave no child inside” as you teach pursuits that not only get kids outside now but also help them develop a lifetime habit of outdoor enjoyment.

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