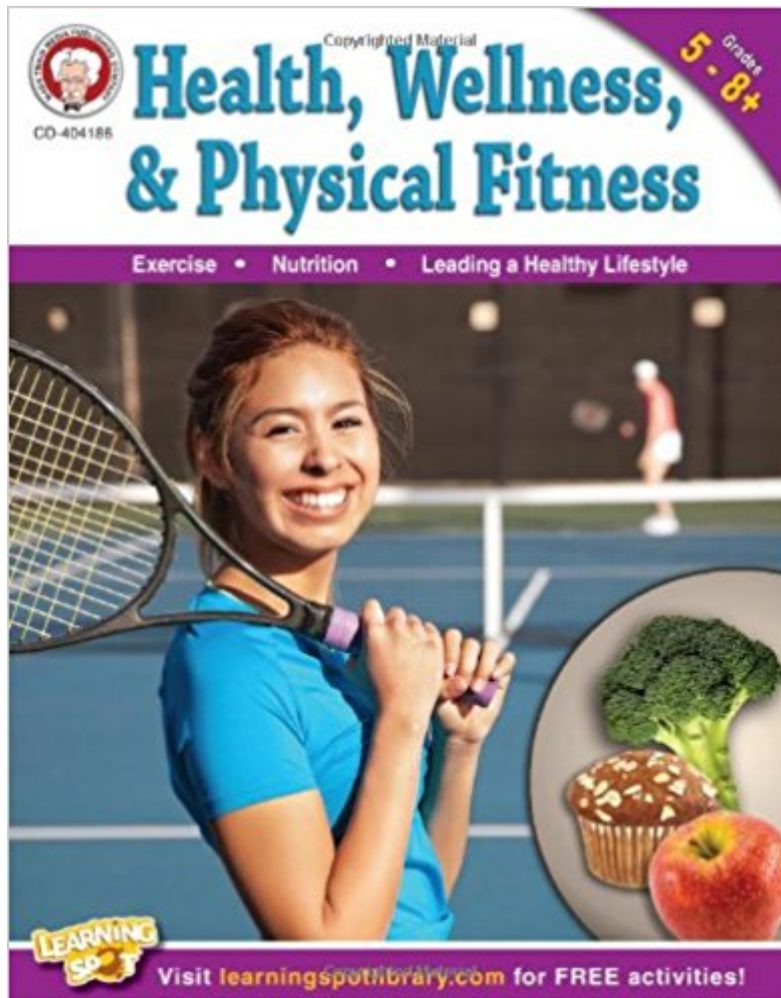




The book was found

Health, Wellness, And Physical Fitness, Grades 5 - 8



Synopsis

Health, Wellness, and Physical Fitness is designed to teach students everything they need to know to make informed decisions for a lifetime of wellness. Aligned to Common Core State Standards, the activities in this workbook teach students about heredity, exercise, and nutrition, as well as tobacco, illegal drugs, mental health, and becoming a wise consumer. Self-assessments, real-world situations, games, puzzles, and quizzes reinforce these important lessons while also building strong, independent learners.

Book Information

Paperback: 96 pages

Publisher: Mark Twain Media (January 2, 2013)

Language: English

ISBN-10: 1622230094

ISBN-13: 978-1622230099

Product Dimensions: 8.4 x 0.4 x 10.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #439,334 in Books (See Top 100 in Books) #66 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #105 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 10 - 14 years

Grade Level: 5 - 8

Customer Reviews

The first 1/3 of the book isn't really relevant for kids in 5th to 8th grade, and most of the the sections have questions after the reading, but the answers to the questions aren't in the reading....you have to do additional research. I like the health and nutrition section, and other sections did help introduce topics such as drug use, and disease for our homeschool study, but it was so incomplete.

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Grades 5 - 8 Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Everyday Health and Fitness with Multiple Sclerosis: Achieve Your Peak Physical Wellness while Working with Limited Mobility Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Invitation to Health (with InfoTrac and Health, Fitness, and Wellness Internet Explorer) Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness Fit & Well Alternate Edition: Core Concepts and Labs in Physical Fitness and Wellness Lifetime Physical Fitness and Wellness: A Personalized Program Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Awaken the Wellness Within: A Journey to Health & Wellness The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Engaging Wellness: Corporate Wellness Programs That Work Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor)

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