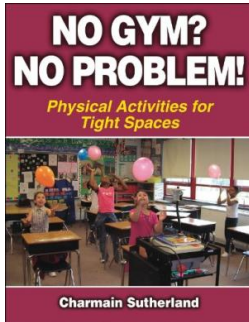


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## NO GYM NO PROBLEM - PHYSICAL ACTIVITIES FOR TIGHT SPACES



Human Kinetics. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 10.2in. x 8.3in. x 0.8in. Bad weather, lack of facilities, and scheduling conflicts are among the everyday challenges for physical activity providers who are striving to develop consistent daily lesson plans or activities in often-cramped quarters. No Gym No Problem! gives physical educators, recreation leaders, and classroom teachers the tools to deal with and thrive despite issues surrounding limited space. This resource contains nearly 100 activities that may be used individually to enhance...

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- Authored by Charmain Sutherland
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