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Fit for Life!

HEALTH & PHYSICAL EDUCATION for the Australian Curriculum

YEARS 7–10

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The Nelson Fit for Life! series is written for the new Australian Curriculum – Health and Physical Education syllabus. The 10 chapters mirror the 10 Areas of Learning, ensuring the curriculum dots are explicitly covered. With an Australia-wide author and reviewer team of experienced classroom teachers, you know these chapters are going to work for you, whether or not you have taught in these areas before.

KEY FEATURES
• Written for the new Australian Curriculum – Health and Physical Education
• A very visual text that is easy to read
• Skills acquired through fun activities
• Questions and activities range from simple to extension levels
• The workbook supports and extends the student book, but can also be used independently
• The teacher book is full of practical ideas for lessons, and curriculum grids match the content to the Australian Curriculum
• The teacher website will contain state-by-state curriculum grids, and PDFs of all chapters
• Also available as a NelsonNetBook (available for purchase on its own or in conjunction with the student book)
• *Please note that NelsonNet is only available to teachers; the NelsonNet material is complimentary access to the accompanying workbook is provided through the student book and digital whiteboards support teacher activities

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