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SAQ Youth: Movement Performance in Sport and Games for 12-18 Year Olds (Paperback)

By Alan Pearson

Bloomsbury Publishing PLC, United Kingdom, 2005. Paperback. Condition: New. Language: N/A. Brand New Book. SAQ(r) Youth is a dynamic resource developed by exercise experts for young people, parents and teachers to improve performance and participation in physical activity. Featuring an innovative conditioning and training structure that has already revolutionised professional sport, SAQ(r) Youth is suitable for those who do not have a foundation of good movement skills, as well as those who are gifted and talented at sports and games activities. The techniques can be easily incorporated into existing programmes of activity as well as providing a programme of activities to be undertaken under the guidance of coaches, teachers and parents. All the content is in line with National Curriculum guidelines for this age range.



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