

PHYSICAL EDUCATION

Teacher's Guide GRADE 7

IMPORTANCE OF PHYSICAL EDUCATION

Competency: Understanding the importance of Physical Education and Sports. (C 6.1)

Element: Physical Activities and their benefits

Performance Criteria:

- Identify some physical activities.
- Demonstrate an understanding of physical activities and their benefits.

Purpose of Activity: Identify and explain the different types of physical activities and their benefits.

Learning Outcomes

By the end of this lesson, students will be able to:

- Identify physical activities
- Demonstrate an understanding of the different types of physical activities
- Discuss the benefits of physical activities
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Resources and Materials

Flashcards, cones, and whistle.

Teaching trajectories and Implementation Guidelines

Activity 1 – Ice Breaker

Discuss the physical activities which the students are involved in daily.

The students form a semi-circle.

Each student takes turn to come forward and introduce themselves as follows:

My name is Bella/John...

I like walking/running/gardening/cleaning..... (The student performs the activity)

Activity 2 – Physical benefits – ‘Feel Good’

Place 5 to 8 cones randomly on the playing area.

Place a flashcard (Name of a physical activity) under each cone.

Students accompanied by the teacher, walk towards a cone.

The teacher asks a student to pick up and read the physical activity (Jumping jacks, running, skip-ping, sweeping, playing guitar, fishing, dancing, and cooking, etc.) and as indicated on the flashcard.

All the students perform the physical activity as indicated on the flashcard.

Continue the activity up to the last cone.

Activity 3 – Benefits of physical activities

Discuss the mental, social, emotional, and physical benefits with the students.

Activity 4 – ‘MEPS Relay’

Place the cones and boxes as shown in diagram below.

Place the flashcards in the box at point B.

Divide the class into 2 or more groups.

The first student runs from point A to point B to collect a flashcard and he or she runs back to place it in the correct box.

The game continues until all the flashcards have been collected.

Gather all the students to discuss the key words on the flashcards (Benefits of physical activities).

Benefits	Key Learning Point
Physical	Strong body, good health, and healthy heart
Mental and Emotional	Sharp mind, good concentration, happy, and stress free
Social	Teamwork, communicate, and making friends

STRONG BODY

GOOD HEALTH

HEALTHY HEART

SHARP MIND

GOOD CONCENTRATION

HAPPY

STRESS FREE

TEAMWORK

COMMUNICATE

MAKING FRIENDS