

PHYSICAL EDUCATION

Teacher's Guide GRADE 7

Lesson 3: BODY AWARENESS

Exploring the human body

Competency: Identify at least 8 major body parts.

Elements: Collaborate in small groups to complete movement-based tasks.

Performance Criteria

- Recall the names of different body parts and some movement/exercises related to them.
- Count number of students per station, count number of repetitions per station.

Purpose of Activity: To Demonstrate some movement/exercise related to the body parts.

Learning Outcomes

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

- Identify at least 8 major body parts used in movement.
- Demonstrate the function of body parts through specific actions.

Resources and Materials

Cones or Balls, Whistles, Cards, Music (optional), Stopwatch

Teaching trajectories and Implementation Guidelines

Activity 1 - Cone Challenge Game (Reaction and Body Awareness)**Teacher:**

- Place one cone between each pair of students, on a straight line.
- Explain and demonstrate the game ("head," "shoulders," "knees," and toes).
- Call out different body parts.
- Ensure that all students are performing the movement as per command.
- Says "cone", observe who grabs it first.
- Gradually increase difficulty by adding body parts (as per activity 2) and alternate commands ("jump," "clap", "jog on the spot").

Students:

- Stand in pairs facing each other, knees slightly bent, and hands by the side of the body.
- Touch the body part or cone as per teacher's command.
- Grab the cone as fast as possible.

Perform actions like jump or clap when instructed.

Activity 2 - "Body Parts Circuit"

- Set up 8 stations around the playing area (2 to 4 students per station).
- Label each station with the name of body part and a movement challenge.
- Each group perform the following movement as per station for 30 seconds
- Rest for 15 seconds in between station.
- Move to the next station.

Stations:

1. Arms (Push-ups)
2. Legs (Squats)
3. Back (Superman hold)
4. Abdomen (Sit- up)
5. Hips (Hips Rotation)
6. Ankles (Balance on one foot)
7. Shoulders (Arms Circle)
8. Chest (chest pass medicine ball)