

PHYSICAL EDUCATION

Teacher's Guide GRADE 8

Lesson 1: BODY AWARENESS

Competency: Competence in Identifying different muscles of the human body.

Element: List the main muscles of the human body.

Performance Criteria

- Show an understanding of the names of different muscles.

Purpose of Activity: To enable students to understand the major muscles through movement/exercises.

Learning Outcomes

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

- Identify at least 5 major muscles of the human body.
- Understand the muscles through movement.
- Collaborate in small groups to complete movement-based tasks.

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:**

- Places one cone between each pair of students, on a straight line.
- Explains and demonstrates the game.
- Calls out different muscles (biceps, triceps, pectorals, quadriceps, abdominal, hamstrings, calves, and gluteus).
- Ensures that all students are performing the movement as per the command.
- Says "cone" and observes who grabs it first.
- Gradually increases difficulty by adding the name of muscles (as per activity 2) and alternates commands ("jump," "clap," "jog on the spot").

Students:

- Stand in pairs facing each other, knees slightly bent, and hands by the sides of the body.
- Touch the muscles or cone as per the teacher's command.
- Grab the cone as fast as possible.
- Perform actions like jumping or clapping when instructed.

Activity 2 - Body Parts Circuit"

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

Flashcards Stations

1. Biceps and Triceps: Push-ups

2. Quadriceps and hamstring: Squats

3. Abdominal muscles: Sit- up

4. Calves: Heel raise

Pectorals

Gluteus