Foundation Programme in Literacy, Numeracy and Skills

PHYSICAL EDUCATION

Teacher's Guide: GRADE 8
Lesson: PHYSICAL EDUCATION, GAMES AND RECREATIONAL ACTIVITIES

Competency: Competence in understanding the importance of Physical Education and Sports.

Element: Physical education and minor games and their benefits.

Performance Criteria

- Identify the different minor games.

- Demonstrate an understanding of the benefits of physical education, and minor games.

Purpose of Activity: Explain the benefits of physical education and minor games.

Learning Outcomes

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

- Participate in games during physical education classes

- Demonstrate an understanding of physical education and minor games

- Explain the benefits of physical education and minor games

Resources and Materials

Cones, hula hoops, balls (soft), whistle, stopwatch, and bibs.
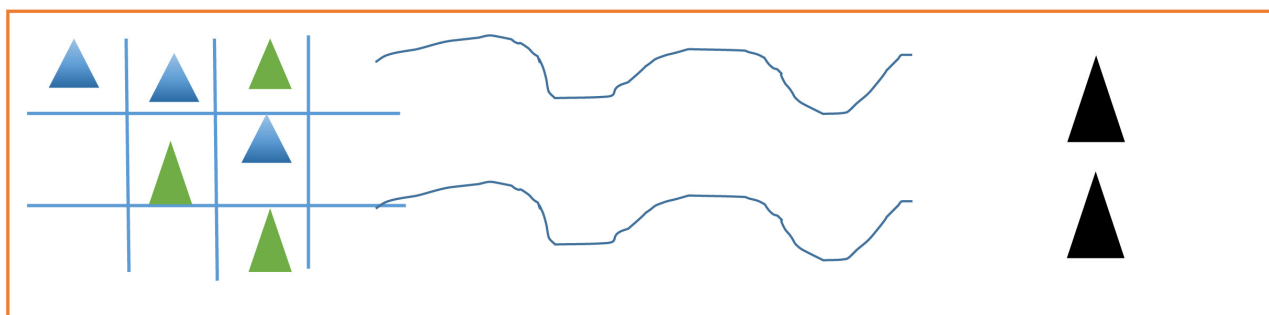
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Teaching trajectories and Implementation Guidelines

Activity 1 – Ice breaker - Call Ball

- Divide the class into two groups.

- Students are asked to Participants are told to stand in a circle.

- One student throws the ball into the air in the centre of the circle and calls out the name of another player, who must catch the ball before it bounces.

- If the ball is caught, the catcher becomes the new thrower. If not, the catcher must demonstrate a physical movement (side lunge, leg swings, jog in place, plank, and jumping jack, etc).

- Ask the students how they feel about this game.

- Inform the students about the different types of games (Tag games, traditional games, team games, and individual games, etc…)

Activity 2 – Circuit Game (Hopscotch – Elastic game and XO)

"X/O" Game

Hopscotch Game

Elastic Game

1	2	4
6	3	5

————————————————— Throwing Line

Note: This game can be played individually or in groups as per number of students in the class.

Activity 3 – Freeze game

- Divide the class into 4 groups.

- One group (Chasers) wear bibs.

- Other groups (Runners) stand behind a line.

- On whistle blow, the students chase their teammates who become 'statue' when touched on the hands.

- Any other player (Not Frozen) can free a statue.

- The game is repeated with another team being the chaser.

- To make the game more interesting, if a player is touched a second time, he becomes a chaser.

- Have two safe zones at both ends of the playing area. These zones are used by the students to stay safe or recover.

Note:

- To prevent injuries, players are only allowed to touch their classmates on their hands.

- A player cannot stay at the safety point for more than 10 seconds.

Activity 4 – Dodge Ball

- Divide the class into two teams (X and Y).

- The dodge ball is played on a volleyball court or a rectangular marked area as shown in diagram below.

- The players standing outside the marked area (Team X or Team Y) should use the ball to hit their opponent/s standing inside (Team Y or Team X).

- The ball must touch the opponent/s below the waist, only then he/she is declared out.

- The players inside the marked area may dodge, jump or stop the ball but should not leave the marked area.

- If the player inside the marked area catches the ball, he/she can pass the ball to his/her teammates standing outside the marked area.

- The last player remaining in the marked area is considered the as the 'Winner'.
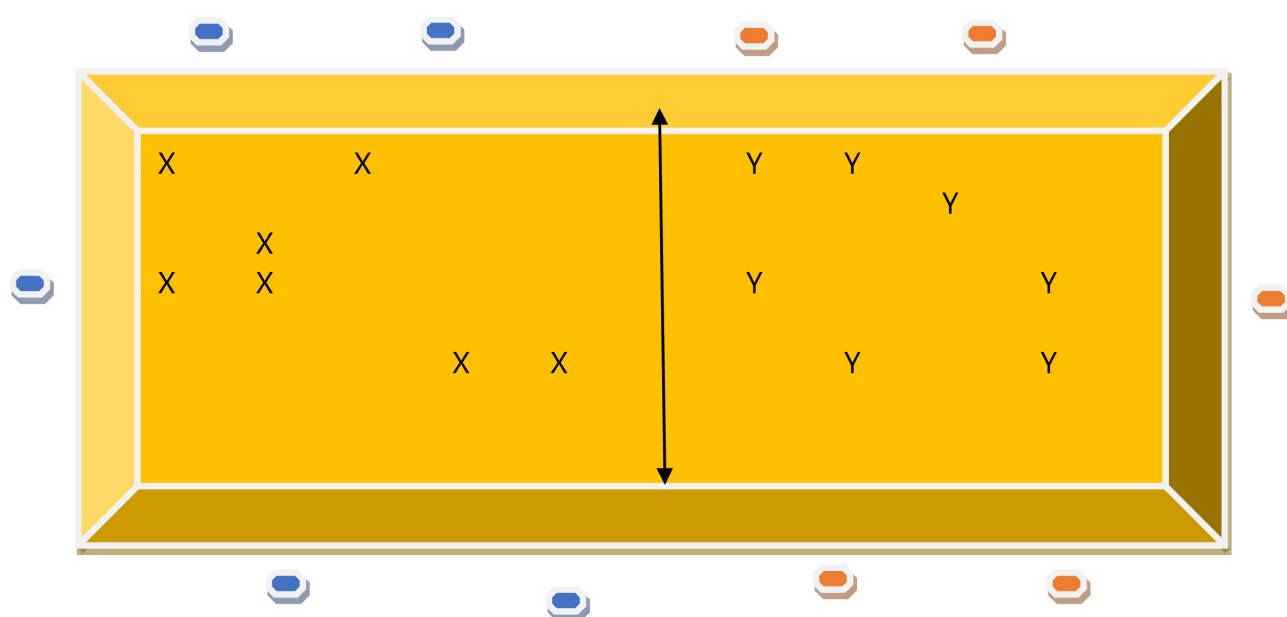
Note

- Activities should be carried out on a flat and non-slippery ground.

- The activity can be played with slight modification: Instead of touching below the waist, we have to aim the legs below the knee.

- Y Team   X Team

Worksheet

Storytelling class activity:

- Hello Students, today we are going to practice the art of storytelling. Storytelling is not just about reading from a book – It's about expressing yourselves using your voice, imagination, (song, slam, poem, or drawing) and role play to bring a story to life.

- Choose a teammate and narrate to him/her about your favourite sports activities that you practice or intend to do in the future.

Physical Exercises Cards

Side Lunge

Plank

Jog In Place

Jumping Jack

Leg Swing