

PHYSICAL EDUCATION

Teacher's Guide GRADE 9

Lesson: IMPORTANCE OF PHYSICAL EDUCATION

Competency: Understanding the importance of Physical Education and Sports.

Element: Benefits of participating in physical activities, Physical Education, sports, leisure, and recreational activities.

Performance Criteria

- Identify the difference between physical activities, Physical Education, sports, leisure, and recreation.
- Show an understanding of at least five benefits of participating in physical activities, Physical Education, sports, leisure, and recreation.

Purpose of Activities

Help the students understand and distinguish between Physical Education, physical activities, sports, leisure, and recreation.

Learning Outcomes

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

1. Define and give an example of Physical Education, physical activities, sports, leisure, and recreation.
2. Demonstrate an understanding of the difference among Physical Education, physical activities, sports, leisure, and recreation.
3. Describe the benefits of participating in Physical Education, physical activities, sports, leisure, and recreation.

Resources and Materials

- Cones or markers, skipping ropes, hula hoops, music player (optional), flashcards (Physical Education, physical activities, sports, leisure, and recreation).

Implementation Guidelines

Activity 1

Start with a question and brainstorm on: "What is Physical Education? How is it different from playing games?" Briefly explain the five key terms:

- Physical Education: structured learning in school
- Physical Activity: any movement (e.g., walking, cleaning)
- Sports: organized and competitive
- Leisure: relaxing and fun in free time
- Recreational Activities: enjoyable activities for rest or social fun

Activity 2

"Move by Type": Students jog in random directions. Teacher calls out one of the five activity types. Students quickly act it out:

- Physical Activity = digging, sweeping, and walking in place, etc.
- Sport = Skills related to any sport (E.g. passing or dribbling an imaginary ball)
- Leisure = dance, domino, carrom, chess, scrabble, or Uno.
- Physical Education = demonstrate squats or press up.
- Recreation = Traditional Games (hopscotch, elastic games, and X-O game)

Activity 3 - Movement Stations

- Divide the class into 4 groups.
- Set up 4 activity zones around the play area and each one labelled with one type of the following activities:
- Physical Activity Station – Act out real-life actions: sweeping, walking with bags
- Sports Station – Try basic sport drills: passing a ball or throwing at a target
- Leisure Station – Dance or follow easy steps to music
- Recreation Station – Social activity like a mini walk-and-talk with a soft ball
- Note: At each station, notice how the movement feels: easy, hard, relaxing, fun, and social.
- Continue the activity until all the students have completed the four stations.

Activity 4 – Physical Education Station

- Keep the groups as per activity 3
- Use flashcards (body organs and systems, skills, sports events, benefits, nutrition, training, hygiene, and sports facilities, etc)
- Pick a flashcard randomly
- Explain the topic on the flashcard

Note: The activity can also be performed individually or in pairs.

Flashcards

PHYSICAL EDUCATION

PHYSICAL ACTIVITIES

SPORTS

LEISURE

RECREATION