

PHYSICAL EDUCATION

Teacher's Guide: GRADE 9

Lesson 3: DEVELOP PERSONAL FITNESS

Competency

C 6.5 Develop Personal Fitness.

Element

Perform any movement or exercise safely and with control.

Performance Criteria

Observe and provide constructive feedback using the coaching cues.

Purpose of Activities

Develop a coaching mindset

Learning Outcomes:

- Perform at least 5 movements or exercises safely and with control.
- Identify and correct mistakes of his or her peers.
- Understand the basic coaching cues.
- Provide constructive feedback on the exercises using basic coaching cues.

Resources and Materials

- Cards or Posters
- Cones or Floor Marker
- Whistle and stopwatch
- Elastic band and weight

Implementation Guidelines

Activity 1

- Introduction to coaching
 - **Students:** Leads dynamic warm-up in pairs.
 - **Teacher and students:** Carry out discussion on the role of a coach during warm-up (What is the role of a coach during warm-up?).
- Circuit Practice with Peer Coaching
 - **Teacher:** Splits the class in pairs or more.
 - **Students:** 1 One student performs, and the other one will observe and give feedback using coaching cues. (Change role after 1 minute)
 - **Students:** Change station after 2 minutes with 30 seconds' transition.
 - **Students:** Emphasise the proper technique while exercising and when providing feedback.

Activity 2

- Station Demonstration & Peer Coaching
 - Step Ups (onto a bench or box) – Focus: legs and balance.
 - Bent-Over Row (with resistance band or light weights) – Focus: back and posture.
 - Bodyweight Squats – Focus: technique and knee or hip alignment.
 - Shoulder Press (using light dumbbells or bands) – Focus: control and movement.
 - Jumping Jacks – Focus: coordination and cardio.