

PHYSICAL EDUCATION

Teacher's Guide: GRADE 9

LESSON 4: BENEFITS OF KEEPING SPORT OUTFITS, EQUIPMENT AND PLAYING AREAS CLEAN

Competency: C6.8 Address the importance of hygiene in maintaining health standards

Element: Benefits of keeping sport outfits, equipment, and playing areas clean.

Performance Criteria

Explain at least three benefits on why to keep sports outfits, equipment, and playing areas clean.

Purpose of Activities

Understand the importance of hygiene in sports.

Learning Outcomes

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

- Understand the importance of clean equipment and playing areas in sports.
- Describe how good hygiene practices helps in maintaining good health and prevent the spreading of infectious diseases.

Resources and Materials

Bibs or t-shirts, cones or spot markers, wipes or cloths, markers, posters showing clean versus dirty environments, and stopwatch or whistle.

Implementation Guidelines

Activity 1

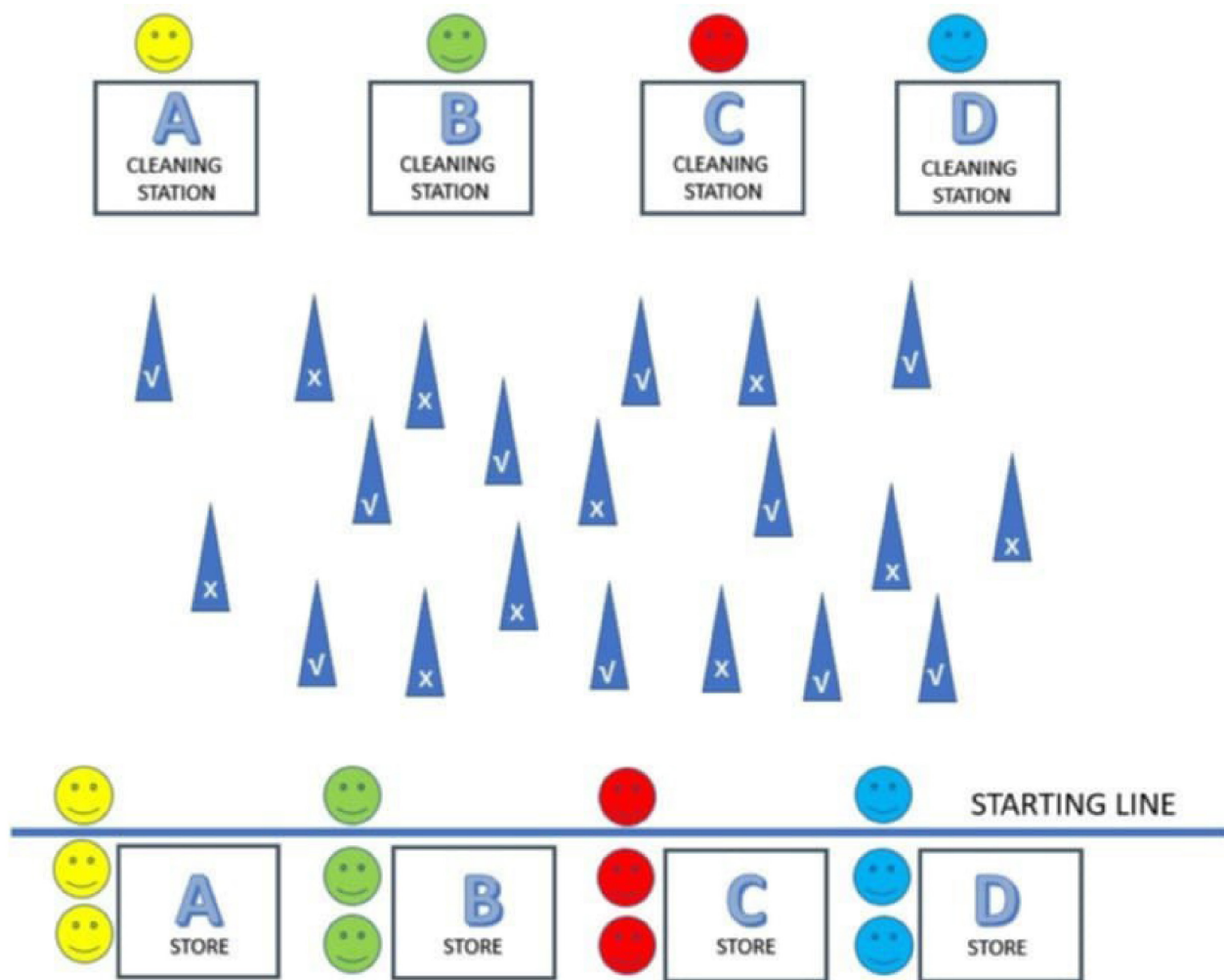
- Ask: "What happens if we do not wash our PE kits?"
- Brainstorm on the need to wash and have clean PE kits and sports equipment.
- Show two images: a clean versus dirty play area.
- Ask students to identify differences in a clean and dirty area.

Activity 2 – Freeze Game

- One or two students act as chaser (Dirt) and others are runners.
- If tagged, the student freezes.
- Another student should wipe them clean (Role play) to unfreeze.
- Continue the activity until every student had a chance to be a chaser (Dirt).

Activity 3 – Clean-Up Challenge (Plogging)

- Mark and scatter the cones on the playing area [10 "clean" (✓ mark) and 10 "dirty" (X mark)] as shown in the diagram.
- Divide the class into 2 or 4 groups as shown in the diagram.
- On whistle blow, one student from each group walk or run to pick up a cone randomly.
- "Clean" Cones (✓ mark) should be brought back to the store behind their group.
- "Dirty" Cones (X mark) should be taken and kept at the cleaning station on the opposite side.
- The next student has a choice to run to either pick up the cone from the playing area or cleaning station and back to his group.
- The group with the maximum clean cones wins the game.



Part 2: Area Inspection and Clean-Up

Objective: Encourage the students to actively assess and improve cleanliness of the sports areas.

Teacher's Role:

- Divides the play area into zones (e.g., court space, benches, and storage area).
- Hands out the inspection checklists to the teams.
- Demonstrates how to inspect and complete the checklist.
- Assigns each team a zone to inspect.

Students' Role:

- In teams, walk to their assigned zone with a checklist.
- Use the checklist to assess:
 - Is the area clean? (Yes or No)
 - Are there tripping hazards? (Yes or No)
 - Is the equipment stored properly? (Yes or No)
- Record findings.
- After inspection, do a 3-minute clean-up using cloths, bins, or by tidying up the zone.