

# PHYSICAL EDUCATION

## Teacher's Guide: GRADE 7

### Lesson 5: PE SPORTS FIELD

#### Shapes of Playing Areas

**Competency:** TLS 6.2 Demonstrate Foundational Knowledge in Physical Education

Indoor and outdoor sports courts, and fields

**Element:**

Dimensions of indoor and outdoor sports courts, and fields

Identify the different shapes of playing areas

**Performance Criteria:**

Identify the different indoor and outdoor sports courts and fields

List the dimensions of the sports fields and courts

**Purpose of Activity:** Understand the different indoor and outdoor sports courts and fields

**Learning Outcomes**

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

Recognise the different sports playing surfaces within school compound (Indoor/Outdoor)

Identify the different shapes within the sport playing surfaces

**Resources and Materials**

Flash cards, checklist for shapes (rectangle, square, circle, semi-circle, and quarter circle), paper, and pencil.

**Teaching trajectories and Implementation Guidelines**

**Activity 1 - Shape Hunt on Sports Fields**

- Take students to the different sports fields (indoor/outdoor).
- Ask them to identify and name the shapes they see within the sport playing surface:
- Football/basketball/volleyball/handball/badminton/table tennis
- Call out the name of a shape.
- Students walk or run to the specific position in or around the shape accordingly.
- Repeat the activity by calling out the different shapes.
- Use the shape checklist annexed.
- Students tick off the shapes as they find them on the checklist.

**Activity 2**

- Divide the class into 3 or 4 groups.
- Place cut out shapes (annexed) in a box.
- One student picks a shape (rectangle, square, circle, semi-circle, quarter circle) at random.
- He or she walks or runs to match and place the shape accordingly on the sports playing surfaces.
- Question the students about the types and number of shapes they learned throughout this lesson.

## Flash Cards

