Click Here



```
Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit, provide a link to the license.
and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or
technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for
your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Health Education and Physical Education are both important components of a well-rounded education that focus on promoting overall well-being and healthy lifestyles. While Health Education primarily focuses on teaching
students about nutrition, mental health, and disease prevention, Physical Education emphasizes the importance of physical activity and exercise in maintaining good health. Both subjects aim to educate students on how to make informed decisions that will positively impact their physical and mental health, ultimately leading to a better quality of life.
Health education and physical education, highlighting their unique characteristics and benefits. Health
Education Health education focuses on teaching students about various aspects of health, including physical, mental health education aims to empower students to make informed decisions about their health and
develop healthy habits that will last a lifetime. One of the key attributes of health education is its emphasis on prevention. By education aims to prevent chronic diseases and promote overall well-being. This proactive approach sets health education apart from
other disciplines that may focus more on treating existing health is not just the absence of disease, but a state of complete physical, mental, and social well-being. By addressing all aspects of health, health education helps
students develop a comprehensive understanding of what it means to be healthy. Health education also emphasizes the importance of self-care and self-advocacy. By teaching students how to take care of their own health and advocate for themselves in health care settings, health education empowers students to be active participants in their own well-
being. This attribute of health education is particularly important in today's healthcare landscape, where patients are expected to take a more active role in managing their health. In summary, health education is a comprehensive discipline that focuses on prevention, holistic health, and self-care. By teaching students about various aspects of health
and empowering them to make informed decisions about their well-being, health education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society plays a crucial role in promoting a healthy society. Physical education plays a crucial role in promoting a healthy society plays a crucial role in promoting a healthy society plays a crucial role in promoting a health
Physical education aims to help students develop the knowledge, skills, and attitudes they need to lead an active and healthy lifestyle. One of the key attributes of physical education is its emphasis on physical fitness. Physical education is its emphasis on physical fitness. Physical education classes typically include activities that help students improve their cardiovascular fitness, strength, flexibility, and
endurance. By engaging in regular physical activity, students can improve their overall health and reduce their risk of chronic diseases. Another important attribute of physical education is its focus on skill development. Physical education in various sports and activities, allowing students to develop their coordination,
teamwork, and sportsmanship. These skills not only contribute to students' physical education also emphasizes the important social and emotional skills. Physical education encourages students to
adopt healthy habits that will last a lifetime. This attribute of physical education is particularly important in today's sedentary society, where many people lead increasingly inactive lifestyles. In summary, physical education is a discipline that focuses on physical fitness, skill development, and lifelong physical activity. By teaching students about the
importance of regular exercise and physical education plays a crucial role in promoting a physical education share some similarities, such as their focus on promoting health and well-being, they also have distinct attributes that set them apart. Health
education emphasizes prevention, holistic health, and self-care, while physical education focuses on physical fitness, skill development, and lifelong physical activity. Both disciplines play important roles in promoting a healthy society and empowering individuals to make informed decisions about their health. Comparisons may contain inaccurate prevention, holistic health, and self-care, while physical education focuses on physical fitness, skill development, and lifelong physical activity. Both disciplines play important roles in promoting a healthy society and empowering individuals to make informed decisions about their health.
information about people, places, or facts. Please report any issues. How can financial brands set themselves apart through visual storytelling? Our experts explainhow. Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage. Discover The Collection Curated, compelling, and worth your time. Explore our
latest gallery of EditorsPicks.Browse Editors FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The Collection Curated, compelling, and worth your time. Explore our latest
gallery of EditorsPicks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The Collection Curated, compelling, and worth your time. Explore our latest gallery of
EditorsPicks.Browse Editors' Favorites Have you ever wondered if those Physical and Health Education classes you took in school really made any sort of difference in your life? Looking back now, you probably dont remember much from those classes, right? Well, it turns out that PHE has some surprising benefits you may not have considered. In this
article, well explore what physical and health education is, why schools make it a requirement, and the ways it impacts students both in and out of the classroom. Stick around as we dive into the world of Physical and Health Education (PHE)? Physical and Health Education is, why schools make it a requirement, and the ways it impacts students both in and out of the classroom. Stick around as we dive into the world of Physical and Health Education (PHE)? Physical and Health Education is, why schools make it a requirement, and the ways it impacts students both in and out of the classroom.
Education (PHE) refers to a curriculum that combines physical activity with lessons on developing healthy habits and overall wellness. As the name implies, it has two core components: the physical aspect focuses on movement and exercise, and the health side covers topics like nutrition, mental health, and preventing risky behaviors. In our modern,
sedentary lifestyles, PHE plays a crucial role in encouraging kids and teens to stay active while also learning how to take care of their bodies and minds. It promotes physical fitness but goes beyond just exercise to give a comprehensive education on living a balanced, healthy life. The physical part involves activities like sports, dance, and outdoor
recreation to get kids moving and develop motor skills. The health side covers subjects like:Nutrition and healthy eatingSubstance abuse preventionMental health and stress managementSexual health educationFirst aid and safetyA good PHE program blends theory with hands-on activities to make the lessons engaging and impactful for students
long-term well-being. The Importance of Physical and Health Education (PHE) is an important part of school curriculums. It focuses on developing students physical fitness, movement skills, and knowledge about leading a healthy lifestyle. A robust PHE program provides many benefits for students overall well-
being. Develop Lifelong Fitness HabitsRegular physical activity is crucial for overall health. PHE classes teach you proper exercise techniques and expose you to various activities like sports, dance, and weightlifting. Developing an enjoyment for movement at a young age can foster lifelong exercise habits. Improve Physical HealthFrom strengthening
muscles and bones to boosting heart health, the physical benefits of exercise are numerous. PHE equips you with knowledge about anatomy, nutrition, and training principles to maximize these gains. Enhance Mental Well-beingExercise isnt just for the body it offers mental health perks too. PHE can relieve stress, boost mood, and improve focus
through physical outlets. Understanding the mind-body connection empowers lifelong wellness. Build Teamwork & Social SkillsMany PHE activities involve teamwork, allowing you to develop valuable interpersonal skills like communication, conflict resolution, and leadership. These social abilities transfer to all areas of life. Teach Self-
DisciplineSticking to an exercise routine and achieving fitness goals requires commitment. The self-discipline learned in PHE classes prepares you to pursue and accomplish challenges in other pursuits. Instill Confidence and accomplish challenges in othe
boost overall self-esteem. Promote Healthy Competition PHE provides opportunities for friendly competition that teaches graciousness, sportsmanship, and dealing with success/failure. These experiences shape resilience. Cultivate Lifelong Safety Poull learn proper safety protocols for various physical activities in PHE. Developing habits around using
gear, spotting, and form prevents injuries for decades. Appreciate Physical ActivityWith exposure to diverse activities through PHE, youre more likely to find physical EducationYouve got to start with the fundamentals, the core principles and practices
that underpin physical education. Were talking fitness basics like strength training, cardiovascular exercise, and flexibility work. Building a solid foundation is key. These are some of the branches of physical education: Sports & GamesWhats PE without sports? From traditional team games like basketball and soccer to individual pursuits like tennis
and martial arts, exploring different sports opens up new worlds of physical activity and skills. The thrill of competition pushes you further. Dance Education feet moving! Dance brings rhythm, artistry, and self-expression into the mix. From ballet to hip-hop, mastering different dance styles builds grace, coordination, and creativity in physical
form.Outdoor Adventure ActivitiesTime to go wild! Outdoor adventuring like hiking, rock climbing, and camping gets you out in nature while testing your stamina and survival skills. An amazing full-body experience. Aquatics Speaking of the great outdoors, what about the deep blue? Swimming, diving, kayaking aquatic activities work those underused
muscle groups while cooling you off in style. Gymnastics & AcrobaticsFor the ultimate test of strength, balance, and body control, look no further than gymnastics. Work towards those aerial feats and tumbling runs; just dont forget the safety mats! Relaxation TechniquesNot all physical education is high-octane. Yoga, Pilates, and other mindful
practices emphasize breathing, stretching, and mental focus for overall well-being. Achieve that mind-body harmony. Inclusive Adapted Physical Education Making physical activity accessible for all is key. This specialized branch caters to students with disabilities or special needs through modified exercises and creative problem-solving. An inspiring
example of inclusivity in action. The Objectives Of Physical Education These are some of the objectives of physical education: Develop Physical Fitness One key objective is promoting cardiovascular endurance, muscular strength, flexibility, and other components of physical fitness. Regular exercise helps maintain a healthy weight, builds stamina, and
improves overall wellness. Promote Healthy Lifestyles PHE teaches the importance of an active lifestyle, balanced nutrition, and adequate sleep. Students learn to make informed choices about their health. Improve Motor SkillsDeveloping motor abilities like balance, speed, coordination, and agility is crucial. Activities help refine gross and fine motor
skills for everyday life. Boost Self-Confidence Achieving fitness goals and mastering new skills bolsters self-esteem and self-efficacy. A positive body image is strongly encouraged. Reduce Stress and Anxiety. It provides an outlet for pent-up energy. Teach Cooperation Many PHE
activities require teamwork, communication, and cooperation. This fosters interpersonal skills and social development. Develop Discipline in students. It builds character. Appreciate Lifelong FitnessThe goal is to nurture an appreciation for physical activity
that lasts well into adulthood. It prevents sedentary lifestyles. Promote Fair Play Sportsmanship, ethics, and respect for opponents are emphasized. Students learn the importance of integrity and fair play. Scope/Branches of Health Education These are some of the branches of health education:
 with knowledge and skills for lifelong healthy habits. Patient Education programs are designed to help individuals better understand their medical conditions, treatment options, and self-management strategies. Clear communication between healthcare providers and patients is crucial. Workplace Health Promotion Workplace wellness
initiatives educate employees on various health topics, encouraging a healthy work-life balance. These may include fitness challenges, stress management seminars, or healthy cooking classes. Health policies and their impact. It facilitates informed
world, global health education addresses cross-border health issues, such as infectious disease prevention, maternal and child health, and access to healthcare in developing nations. Mental Health Education Breaking the stigma surrounding mental health is crucial. This branch focuses on promoting mental well-being, recognizing symptoms of mental
illness, and providing resources for support and treatment. The Objectives Of Health Education These are the main objectives of health risks. This includes educating on nutrition, exercise, stress management, and avoiding harmful
crucial for better outcomes. Enhance Quality of LifeBeyond just treating illnesses, health education strives to improve peoples overall quality of life mentally, physically, and socially. Topics span self-care, interpersonal skills, coping mechanisms, and finding purpose. The goal is complete well-being. Empower Self-CareA major focus is equipping
 individuals with the knowledge and tools for proper self-care. This covers basic skills like administering first aid, monitoring symptoms, and following treatment plans correctly. Self-efficacy is key to staying healthy. Achieve Health EquityHealth education seeks to eliminate unfair disparities by making resources accessible to marginalized
communities. Outreach programs and culturally-tailored content help overcome socioeconomic barriers to healthcare. Foster Healthy Environments reacting supportive physical and social settings is emphasized. This ranges from promoting walkable cities and smoke-free zones to building inclusive, bully-free schools and workplaces. The environments
shapes habits. Influence Policy ChangeAt a broader level, health education advocates for policies that facilitate healthier living for all. Initiatives target policymakers to drive changes in areas like nutrition labeling, insurance coverage, and public health funding. Strengthen Community Action Getting communities actively involved is key. Strategies
focus on mobilizing citizens, pooling resources, and empowering local leadership. Strong community participation leads to sustainable change. Develop Personal Skills like decision-making, goal-setting, and self-monitoring are crucial for adopting leads to sustainable change.
and maintaining positive behaviors over time. Components of an Effective PHE Curriculum. Components of a good PHE curriculum covers all aspects of fitness cardiovascular endurance, muscular strength, flexibility, and more. It teaches proper form and helps build
lifelong habits. Nutrition FundamentalsUnderstanding nutrition basics is key. The curriculum should explain macronutrients, calories, portion control, and balanced diets. Practical meal planning tips make lessons sticky. Substance Abuse Prevention FundamentalsUnderstanding nutrition basics is key. The curriculum should explain macronutrients, calories, portion control, and balanced diets. Practical meal planning tips make lessons sticky.
pressure, addiction, and healthy coping mechanisms leave a lasting impact. Mental & Emotional HealthHolistic PHE addresses mental well-being, too. Lessons on stress management, self-esteem, healthy relationships, and work-life balance are invaluable life skills. Personal & Social Responsibility Cultivating respect, integrity, and leadership is crucial
Activities focused on teamwork, communication, goal-setting, and decision-making mold responsible citizens. Motor Skills DevelopmentBuilding fundamental movement skills like throwing, catching, and striking lays the foundation. An effective curriculum progresses from basic to advanced skills systematically. Safety & Injury PreventionLessons on
situational awareness, protective gear, and emergency procedures promote a safety-first mindset. Proactive prevention limits injuries during activities. Activity & Fitness PlanningPractical goal-setting, routine design, and progress-tracking skills empower self-directed lifelong fitness. Personalized plans cater to individual needs. Lifelong Physical
ActivityThe ultimate aim is nurturing a love for movement. Exposure to diverse activities boosts the chances for students to continue being active as adults. Teaching Methods for Physical Health Education Method for Physical and health education Method for Physical Health Education Method for physical and health education Method for Physical 
perform skills and activities. Your teacher demonstrates proper techniques and form while explaining key points. You can then practice mimicking the demonstrated movements. Peer Teaching others a different skill or activity theyve mastered. This
 interactive style builds teamwork and public speaking abilities.Inquiry-Based LearningRather than lectures, you explore PHE concepts through questioning, problem-solving, and research. This student-led discovery process encourages critical thinking about fitness and health. Game-Based LearningPHE gets fun and competitive through instructional
games and activities. Games reinforce skills through play, increasing engagement and enjoyment. Technology-Aided Instruction Videos, apps, and wearable tech bring modern tools into the learning experience. You can analyze your technique, track your progress, and access unlimited exercise resources. Outdoor Education Taking PHE beyond the gym
lets you apply skills in fresh air and open spaces. Activities like hiking build endurance and appreciation for nature. Classroom Discussions deepen understanding and consideration of different viewpoints. Individualized Programs Customized fitness
plans cater to your unique needs, abilities, and goals. One-on-one coaching ensures you develop at an appropriate, challenging pace. Frequently Asked Questions and Health Education (PHE) teaches the knowledge and skills needed for
an active, healthy lifestyle. It covers fitness, nutrition, safety, mental health, and more, equipping you with tools to thrive physically, mentally, and socially. What topics does PHE cover? Physical activity, fitness, and overall well-being. Common topics include
exercise science, anatomy, nutrition, mental health awareness, and developing healthy lifestyle habits. Why is PHE important in schools? PHE plays a crucial role in promoting lifelong healthy behaviors from an early age. It equips students with knowledge and skills to lead active lives, make informed choices about their health, and develop positive
attitudes towards physical fitness. What are some benefits of PHE? Engaging in regular physical activity through PHE can improve cardiovascular health, strengthen muscles and bones, boost energy levels and concentration, reduce stress and anxiety, and foster teamwork and social skills. A well-rounded PHE curriculum nurtures the whole student
mind, body, and spirit. How is PHE typically taught? Most PHE classes combine theoretical lessons with hands-on activities and practical applications. Students learn through a mix of classroom discussions, multimedia resources, fitness testing, skill development drills, and participation in various sports and recreational activities. The approach aims to
make learning engaging and relevant. Conclusion Physical and Health Education (PHE) covers so much more than just sports and exercise. Its about developing the whole mind, body, and spirit. As adults, we have to remember that modeling healthy habits starts with us. The next time youre tempted to skip that workout or have an extra slice of pizza
think about the example youre setting. Little changes we make today can positively impact our childrens attitudes and behaviors for life. In a world where academic pressures often take center stage, the importance of physical education in schools cannot be overstated. Physical Education (PE) is more than just a break from traditional classroom
learningits a vital part of a students development, offering benefits that extend beyond physical fitness. It plays a key role in promoting overall well-being, helping students development, offering benefits that extend beyond physical fitness. It plays a key role in promoting overall well-being, helping students development, offering benefits that extend beyond physical fitness. It plays a key role in promoting overall well-being, helping students cultivate healthy habits, and encouraging skills that are valuable in every aspect of life. From improving physical health to enhancing mental resilience and social abilities, PE
contributes to the growth of well-rounded individuals. It teaches important life lessons such as teamwork, perseverance, and self-discipline, while also addressing the need for regular physical activity to combat the increasing rates of lifestyle-related diseases. This article will explore what physical education entails and highlight seven important
reasons why it should be a cornerstone of the school curriculum. What is Physical Education (PE) is a school subject focused on developing students with the knowledge, skills, and attitudes needed to lead an active and healthy lifestyle. PE
programs typically involve a combination of physical exercises, sports, and activities that promote health, fitness, and the understanding of the bodys movement. Historically, PE has been a cornerstone of educational systems worldwide, evolving over time to encompass not just physical fitness, but also mental and social aspects. In the early days, PE
was mainly focused on developing strength, endurance, and military readiness. Today, however, its scope is broader, recognizing the importance of holistic development, which includes physical education often include: Exercise and Fitness: Activities
aimed at improving cardiovascular health, strength, flexibility, and endurance. Sports: Team and individual sports that teach specific skills, cooperation, and lifestyle choices. Motor Skills Development: Activities designed to improve coordination, balance, and fine motor strength, flexibility, and endurance.
skills. Through PE, students not only build a foundation for lifelong physical activity but also develop essential life skills that will serve them both in and outside of school. Its a subject that promotes learning through active participation, creating a positive and engaging experience for students. 7 Reasons Why Physical Education is Important in
SchoolsEducation is an opportunity for students to learn about the importance of being active and healthy, and what is required of them to do so. We need Physical Education in our schools so students can begin to practice a healthy lifestyle and to continue the lifestyle in their futures. The importance of physical education in schools includes:1
 Promotes Physical HealthOne of the primary reasons Physical Education (PE) is essential in schools is its direct impact on students physical health. Regular physical activity helps combat the rising rates of obesity, type 2 diabetes, and other lifestyle diseases among children. Through PE classes, students engage in exercises that improve
cardiovascular health, build muscle strength, enhance flexibility, and boost their immune systems. By incorporating various physical activities into their daily routines, students develop healthy habits that can last a lifetime. PE also fosters an understanding of the importance of exercise, encouraging students to make fitness a regular part of their lives
beyond school.2. Enhances Mental HealthPhysical activity is not only beneficial for the body but also for the mind. Studies have shown that regular physical exercise helps reduce stress, anxiety, and depression. PE classes offer students a break from academic pressures and provide them with a healthy outlet for their emotions. Engaging in physical
activities releases endorphins, the bodys natural mood enhancers, which improve mental well-being. Additionally, physical education teaches students the importance of self-care and mindfulness, helping them develop resilience and coping strategies for stress.3. Teaches Teamwork and Social SkillsPhysical Education fosters teamwork, collaboration
and social interaction. Many PE activities, such as team sports and group exercises, require students to work together to achieve a communication, empathy, and conflict resolution. The experience of cooperating with others, sharing responsibilities, and supporting these interactions, students to work together to achieve a communication, empathy, and conflict resolution. The experience of cooperating with others, sharing responsibilities, and supporting these interactions, students to work together to achieve a communication, empathy, and conflict resolution.
teammates builds a sense of community and strengthens peer relationships. These social skills are transferable to other areas of life, helping students succeed in school, work, and personal relationships. These social skills are transferable to other areas of life, helping students succeed in school, work, and personal relationships. These social skills are transferable to other areas of life, helping students succeed in school, work, and personal relationships. These social skills are transferable to other areas of life, helping students succeed in school, work, and personal relationships.
Research suggests that students who regularly participate in physical exercise tend to perform better in subjects like math, reading, and science. Physical activity increases blood flow to the brain, which enhances concentration, memory, and cognitive function. Students who engage in PE classes develop better focus, improved time-management
skills, and heightened problem-solving abilitiestraits that contribute to success in the classroom.5. Instills Discipline and Self-Regulation Physical Education teaches students the importance of discipline, consistency, and self-regulation. Whether its following the rules of a game, maintaining proper form during exercise, or working toward fitness goals
PE classes provide structured environments where students learn to set objectives and work toward them systematically. By practicing self-control, time management, and perseverance, students develop life skills that will benefit them in many areas of their personal and academic lives. The challenges they face in physical activities help build their
resilience, encouraging them to push through obstacles and learning about nutrition and fitness, students gain the knowledge and motivation to make healthy choices and learning about nutrition and fitness, students gain the knowledge and motivation to make healthy choices.
as they grow older. PE helps students understand the importance of maintaining an active lifestyle and provides them with the tools to stay fit throughout their lives. The habits and attitudes fostered in school PE classessuch as regular exercise, healthy eating, and the avoidance of harmful substancesoften carry over into adulthood, reducing the risk
of chronic diseases and promoting long-term well-being. 7. Provides Opportunities for Personal GrowthPhysical Education offers students the opportunity to explore their physical abilities, build self-esteem, and develop confidence. Whether its achieving a personal fitness goal, excelling in a sport, or overcoming a challenge, PE encourages students to
strive for success and take pride in their accomplishments. The sense of achievement gained through physical activity can boost self-confidence and motivate students discover their strengths, uncover hidden talents, and explore potential career paths in sports and fitness. By
participating in physical education, students experience personal growth that extends far beyond the gymnasium. These seven reasons highlight the multifaceted benefits of Physical Education in schools. From physical and mental healthy
individuals. The Impact of PE on Different Age Groups Physical Education (PE) plays a crucial role in the development of children at various stages of growth. The benefits and focus of PE activities evolve as students mature, reflecting their changing physical, cognitive, and social needs. By breaking down the impact of PE on different age groups, we
can better understand how it nurtures healthy development from childhood (Ages 3-5)In the early childhood years, the primary focus of PE is on developing basic motor skills, coordination, and movement awareness. At this stage, children engage in simple activities that promote physical independence, such as
running, jumping, crawling, and throwing. These activities help build the foundation for more complex movement patterns as they grow. The goal of PE in early childhood is to encourage active play, support the development of fine and gross motor skills, and foster a positive attitude towards movement. Key activities for this age group include: Simple for this age g
games like tag, hopping, and balance activities Movement exploration such as dancing, stretching, and rolling Coordination exercises, including catching and throwing soft balls or beanbags PE at this stage not only develops physical abilities but also supports socialization, as children learn to share space, follow rules, and engage in group play. The
emphasis is on fun, encouraging children to enjoy physical activity and lay the groundwork for future participation in sports. 2. Primary School (Ages 6-10) As children enter primary school, their motor skills become more structured activities, such as organized
games, sports, and exercises that require coordination, strength, and develop better hand-eye coordination, balance, and flexibility, and they begin to understand the rules of team sports and individual games. At this stage, students also begin learning about the importance of physical fitness and health. PE classes often include basic
aerobic exercises, stretching routines, and lessons on healthy habits like nutrition and the benefits of regular exercise. Key activities for primary school students include: Basic team sports, such as soccer, basketball, and volleyballIndividual sports like running, swimming, and gymnastics Strength-building exercises, including simple bodyweight
movements like push-ups, squats, and sit-upsSkill-building games, focusing on hand-eye coordination, like dribbling a basketball or kicking a soccer ballPE at this stage not only focuses on physical fitness but also on developing teamwork, discipline, and a sense of sportsmanship. Students learn how to collaborate with others, follow instructions, and
set personal fitness goals. 3. Middle School (Ages 11-13) As children transition into adolescence, their physical and cognitive development accelerates, which is reflected in their PE activities. At this stage, students are better able to understand more complex concepts related to fitness, sports strategies, and the importance of maintaining an active
lifestyle. PE classes often incorporate more advanced sports techniques, fitness routines, and individualized activities designed to enhance strength, endurance, and flexibility. In addition to physical benefits, PE also supports emotional and social development during these critical years. Adolescents experience rapid changes in their bodies, and
regular physical activity helps them manage these changes with greater confidence. It is also a time when students include: More advanced team sports, such as football, basketball, and rugby, with a focus on tactics and strategy. Fitness
training, including aerobic exercises, circuit training and aquatic activities for developing endurance and strengthSportsmanship lessons, emphasizing respect, leadership, and healthy competitionThis stage also encourages students to take ownership of their fitness and learn how to set goals for personal
improvement. PE plays an important role in helping adolescents navigate the challenges of puberty by promoting body positivity, confidence, and self-discipline. 4. High School (Ages 14-18) During high school, students are at the peak of their physical development, and PE becomes more focused on enhancing athletic performance, preparing for future
physical challenges, and maintaining long-term health. PE classes for high school students are typically more specialized, offering a wide variety of sports and fitness programs that cater to different interests and athletic abilities. At this stage, students may participate in competitive sports, engage in more complex fitness regimens, or explore new
physical activities such as yoga, Pilates, or martial arts. PE classes may also emphasize the importance of mental health, stress management, and social challenges. Key activities for high school students include: Advanced training in team sports such as
soccer, basketball, and tennis, with a focus on skill refinement and game strategiesStrength and conditioning programs to enhance physical performance in sports and overall fitness education, including topics like nutrition, injury prevention, and mental healthPE
in high school plays a vital role in preparing students for a lifetime of physical activity, whether through competitive sports, personal fitness, or recreational activities. It encourages students to develop a strong sense of discipline and responsibility while learning to manage their physical, emotional, and social well-being. Conclusion Physical Education
is more than just a class in which students play sports or engage in physical activities. It is an essential aspect of a well-rounded education that supports not only physical health but also mental, emotional, and social development. Through PE, students learn the importance of maintaining an active lifestyle, build resilience, enhance their cognitive
abilities, and cultivate vital life skills such as teamwork, discipline, and self-regulation. Incorporating physical education into the school curriculum helps students development, it is crucial that schools continue
to prioritize PE as a core part of education. By doing so, we are not only preparing students for success in the classroom but also setting them up for a lifetime of health, well-being, and personal growth. Skip to contentMarch 1, 20005 min (est.)Vol. 57No. 6The Importance of Physical ActivityQuality Physical Education ProgramsActivities That Promote
LearningHands-On Administrative LeadershipRethinking how we teach physical education can help students lead healthy lives. The Importance of Physical Activity Quality Physical Education Programs Activities That Promote LearningHands-On Administrative LeadershipRegular physical activity provides numerous health benefits from leaner bodies
and lower blood pressure to improved mental health and cognitive functioning. Even though we know these facts, however, Americans are becoming more sedentary and more obese each year (Mokdad et al., 1999). Because the school physical education program promotes physical activity and can teach skills as well as form or change behaviors, it
holds an important key to influencing health and well-being across the life span. To improve the fitness of students, we need to rethink the design and delivery of school-based physical education programs. A recent survey asked adults in the United States, "What should be taught to students prior to their graduation?" Participants indicated that
program of physical education must be a core requirement in all schools and a central component in a comprehensive school health program (Allensworth & Kolbe, 1987). Our first step might be to consider ways to increase curriculum time devoted to physical education. In addition, schools need to thoughtfully analyze the design and delivery of
school physical education programs to ensure that they are engaging, developmentally appropriate, inclusive, and instructionally powerful and that they are designed to teach students about the importance of leading physically active lives. One of the most emphatic recommendations in reports from numerous federal and health promotion agencies is
to increase the levels of physical activity among children and youth. Physical inactivity results in substantial, negative health consequences. Obesity, high blood glucose, high blood pressure, and high blood lipids all occur more often among sedentary adults. These problems increase the risk for chronic diseases such as cardiovascular disease, various
cancers, Type II diabetes, and hypertension. Indeed, a direct relationship exists between leading a physically active life and developing long-term good health. Each year, physical inactivity contributes to nearly 260,000 deaths in the United States (Centers for Disease Control and Prevention, 1997). Unhealthy behaviors take many years to present
themselves clinically, but there is a compelling reason to believe that helping students learn to be active early in their lives will provide an important foundation for lifetime physical activity on all or most days. More than 60 minutes and up to
several hours of appropriate physical activities is optimal, however. Because children are intermittently active (they do not naturally engage in continuous activities, such as jogging), we need to make sure that they have multiple periods of moderate activity that are at least 10 to 15 minutes in duration each day (Corbin & Pangrazi, 1998). Despite the
importance of establishing patterns of physical activity during childhood, half of U.S. children and youth are not active on a regular basis. Levels of moderate to vigorous activity during dolescence to vigorous activity during adolescence. The percent in 1991 to 25 percent in
 1995 (Centers for Disease Control and Prevention, 1996). Recent studies have found that middle and secondary schools across the nation devote little curriculum time to physical education (Simons-Morton, Eitel, & Small, 1999). Daily physical education programs across grades 612 are virtually nonexistent. Sallis and McKenzie (1991) challenges
physical educators to "adopt a new role and pursue a public health goal for physical education" (p. 133). They advocate developing new curriculum, providing extensive teacher training, and working with other health professionals to accomplish health outcomes through increased physical activity. What constitutes a quality physical education
program? How do we help students gain the knowledge and abilities they need to lead an active life now and in the future? Further, how can educators work together with other health professionals to ensure that our children and youth have every opportunity to learn how to lead healthy lives? These are important guestions that every school district
and every school needs to ask. Quality physical education programs are essential in helping students gain competence and confidence in a variety of movement forms, such as sports, dance, recreational activities, and fitness activities. The National Association for Sport and Physical Education (NASPE, 1995) has developed national standards for
physical education that define a physically educated person (see fig. 1). These standards acknowledge the students' motor, fitness, cognitive, affective/behavioral, and active lifestyle needs, and they focus on the importance of lifetime involvement in physical activity. They provide a sound framework for the design of physical education programs and
assessments that help students learn and demonstrate their movement knowledge and skills, their fitness levels, and their habits and values related to physical fitness. National Physical Education StandardsA physically educated personDemonstrates competence in many movement forms and proficiency in a few movement forms; Applies movement
concepts and principles to the learning and development of motor skills; Exhibits a physical activity; Demonstrates understanding and respect for differences among people in physical activity
settings; Understands that physical activity provides opportunities for enjoyment, self-expression, and social interaction. Standards alone, however, will not ensure a quality programs, the field of physical education, like any other field, is driven
as much by tradition as by innovation. Age-old, ineffective practices die hard: militaristic calisthenics; squads; "one size fits all" games or sports for large groups regardless of individual ability; team sportdominated programs that focus more on keeping students busy than on increasing student learning; and grading on "dressing out" and participation
as opposed to important learning outcomes. Such practices lead many students to loathe physical education and physical education programs limit physical education programs limit physical education class time. A variety of practices create this problem. Many physical education programs limit physical education programs limit physical education class time. A variety of practices create this problem.
much time for roll call. Far too many middle and high school physical education classes focus heavily on team sports, which, if taught in a large-group format, do not necessarily allow all students to achieve moderate levels of physical activity during class time. In addition, programs using a multi-activity format in which students go through activity
units of one, two, or three weeks do not provide a smorgasbord curriculum while expecting meaningful learning outcomes is foolhardy. Teachers must carefully select and sequence content, align instructional methods with learning
goals, and create meaningful assessments of physical activity. In programs in which learning skills, fitness concepts, and lifetime physical activities and also offer choice are Washington and
Roosevelt Elementary Schools in Green River, Wyoming. Under the leadership of Nancy Raso Eklund, students develop skill and fitness abilities while they learn key concepts of healthy physical activity. Using mind maps, cooperative-learning activities, and problem-solving challenges, they study the concept of aerobic fitness while engaging in skill-
development progressions. Visitors to these two schools might see the gyms configured as a circulatory system, including the four chambers of the heart, valves, arteries, veins, and capillaries. Students "travel" the path of blood through the system while dribbling blue balls to signify cells without oxygen and red balls for cells that carry oxygen.
Students are not just performing a random activity; they are learning to understand how their bodies work and how physical activity is vital for health. With adequate curriculum time, proper content selection and instruction, and administrative support, school physical education programs such as Eklund's can be effective in increasing the health,
fitness, and physical-activity levels of students. Elementary physical education programs should focus on helping students develop as skillful movers. The curriculum should integrate health-fitness concepts and activities into educational games, educational games, educational dance. To be successful in lifetime physical activity, children need
to develop knowledge about, and skills in, several forms of activity. Well-prepared teachers know how to create developmentally appropriate programs that emphasize individual skill and fitness concept learning while maximizing the activity of all students in learning activities. They do not use whole-class games, such as kickball, dodgeball, or team
sports just to keep kids busy, and they link activities to desired learning outcomes. They design assessments so that students can demonstrate what they known authentic, developmentally appropriate ways. One such teacher is Debbie Vigil of Jefferson Elementary School in Sacramento, California, who
develops student confidence and competence in skill and fitness concept development. Using dance, she helps students develop rhythmic skills, she varies instructional task challenges and equipment choices (balloons, beach
balls, different-sized racquets) to help children develop skills, learn about skill development, and take responsibility for making appropriate learning choices. In middle and high school, students should continue to hone skills and integrate health fitness concepts. The curriculum should begin a clear transition in content selection toward lifetime
activities. Examples include individual or dual activities such as golf or tennis, recreational and outdoor adventure activities, and fitness activities such as walking or inline skating. Again, content selection and progression should be developmentally appropriate, emphasizing small-sided teams, cooperative activities, and fitness activities activities activities.
and teachers should maximize activity time for all students. If students do not have adequate skills, high-level competitive activity, individuals do not have to participate at high levels of energy expenditure (Corbin & Pangrazi, 1998). Rather, teachers should provide
students with activity choices. To meet the needs of a wide range of skill levels at Lux Middle School in Lincoln, Nebraska, teachers Cindy Golden, Tim Farley, and social and aerobic dance. Instructional units last at least 15 days to provide
time for student achievement of learning outcomes and to allow proper and meaningful assessment, including self-, partner-, and teacher-led forms of assessment. Each lesson should have a clear instructional purpose. Often, physical education programs focus more on an activity as an end in itself. Teachers need to teach toward learning, not just
organize for participation. Students need to learn important knowledge, life skills, and movement skills and abilities through proper progressions. Though participation is important, it is a means to accomplish learning outcomes. Content selection, management protocols, and instruction should aim toward increasing activity and learning engagement
time. Small-sided teams, equipment for all students, choices of activities with different levels of difficulty and intensity, and minimal amounts of waiting are among ways to increase physical activity engagement time. Teachers should remediate if needed. When students do not learn or continue to struggle with accomplishing tasks, we need to provide
special assistance. Just because students participate in an activity does not ensure that they have learned to attend to their progress and their success. Provide opportunities for ongoing staff development. Many veteran teachers have not had recent education in the
physical activity and health sciences or in pedagogical strategies that maximize learning and physical activity. Much has changed in these fields, and many exciting new ideas have developed. Also, teachers benefit from collegial, professional discussion; common planning time; and peer observation and coaching. Creating opportunities for continued
learning and ensuring a safe environment for teachers to try new ideas will facilitate renewal. Observe and evaluate instruction and assessment practices. As in any discipline, physical educators should aim toward high levels of physical activity time for all students. Observe whether the curriculum provides purposeful lessons: skill development
fitness concept teaching, and lifetime activities rather than team sports; instruction and learning rather than recreation; and assessment based on what students are learning to occur. Plan new facilities or modify existing facilities.
Administrators who have the opportunity to plan or renovate the physical education facilities should consider putting fitness centers in middle and high schools. During the day, use the facility for instructional programs; invite community programs to use them after school. The gymnasium and fields can provide space for lifetime sports, dance, and
recreation. Link components of the comprehensive school health program, and community agencies can all contribute expertise. Helping children and youth find success, enjoyment, and community agencies can all contribute expertise. Helping children and youth find success, enjoyment, and community agencies can all contribute expertise.
provide instructional experiences in which students are active and engaged in developmentally appropriate ways. We need to embed the life skills of decision making, goal setting, problem solving, self-assessment, and health advocacy into our lessons (Corbin & Pangrazi, 1998). Assessments must ask students to demonstrate important learning
outcomes. As we renew our programs, we need to focus on what matters most in physical education: helping our students gain the knowledge, skills, and behaviors that will help them love to be active. Allensworth, D., & Kolbe, L. (1987). The comprehensive school health programs: Exploring an expanded concept. Journal of School Health, 57, 409412.
Centers for Disease Control and Prevention. (1996). CDC surveillance Summaries, 1995. Morbidity and Mortality Weekly Report, 45 (Surveillance Summary #4). Centers for Disease Control and Prevention. (1997). Guidelines for school and community health programs to promote physical activity among youth. Morbidity and Mortality Weekly Report, 45 (Surveillance Summary #4).
46 (Recommendations and Reports #6), 136. Corbin, C., & Pangrazi, R. (1998). Physical Education/American Alliance for Health, Physical Education, Recreation, and Dance. Marzano, R., & Kendall, J. (1998). What should students be taught in
school: A survey of U.S. adults. Aurora, CO: Mid-Continent Regional Educational Laboratory, Mokdad, A., Serdula, M., Dietz, W., Bowman, B., Marks, J., & Koplan, J. (1999). The spread of the obesity epidemic in the United States, 19911998. Journal of the American Medical Association, 282, 15191522. National Association for Sport and Physical
Education. (1995). Moving into the future: National standards for physical education, Research Quarterly for Exercise and Sport, 62, 124137. Simons-Morton, B., Eitel, P., & Small, M.
(1999). School physical education: Secondary analyses of the school health policies and programs study. Journal of School Health, 30(5). Discover ASCD's Professional Learning Services Health Policies and BuildingsINTRODUCTION TO PHYSICAL AND HEALTH EDUCATIONCONTENTDefinition of Physical Education Objectives of Physical Education (1999).
EducationComponents of Physical and Health EducationDefinition of Health EducationDefinition of Health EducationDefinition of Physical EducationDefinition of Health EducationDefinition of Health EducationDefinition of Health EducationDefinition of Physical EducationDefinition of Physical EducationDefinition of Health EducationDefinition of Physical EducationDefinition of Physical
through carefully selected physical activities. It can also be described as an integral part of the total process of education that makes use of selected and properly conducted physical activities in the development of the whole individual. Objectives of Physical Education that makes use of selected and properly conducted physical activities in the development of the whole individual. Objectives of Physical Education that makes use of selected and properly conducted physical activities in the development of the whole individual. Objectives of Physical Education that makes use of selected and properly conducted physical activities in the development of the whole individual.
development(ii) Mental development(iii) Social development(iv) Emotional development(v) Skills development(v) Skills development(v) Emotional development(iv) Emotional development(iv) Emotional development(v) Skills deve
are as follows:(i) Sports and games(ii) Aquatic sports(iii) Gymnastics(iv) Athletics(v) Martial arts(vi) Safety education(viii) Recreation(viii) Rhythm and dance Definition of Health Health according to World Health Organisation (W.H.O) defined health as a state of complete physical, social, mental well-being of an individual not merely the absence of
diseases or infirmities. Meaning of Health Education The objectives of health Education consist of all learning experiences which influence the individuals knowledge, habits and attitudes towards the promotion and maintenance of ones health, that of family and the community. Objectives of Health Education The objectives of health education include the following:

(i) To
provide beneficial health information.(ii) To modify health behaviour.(iii) To modify health services available.(iv) To influence cultural norms, values superstitious beliefs.Scope/Branches of health services available.(iv) To influence cultural norms as follows:

(i) Drug education(ii) Sex education(iii) Consumer
health(iv) Personal and community health(v) Personal hygiene(vi) First aid. EVALUATIONWhat is physical education. List five objectives of physical activities. PHYSICAL FITNESS AND BODY CONDITIONING CONTENTMeaning of Physical Fitness Components of Physical activities.
FitnessCharacteristics of a Physical FitnessMeaning of Physical FitnessMean
components(b) Skills or performance related components are:(i) Muscular power(ii) Muscular power(iii) Musc
Accuracy(vi) Balance(vii) Body compositionFlexibility and power are essential for health and very important for skills performance. Characteristics of a Physically Fit PersonThe characteristics of a Physical Ch
a sense of well-being.(ii) Social characteristics: He understands and respects the rights of other people, practices service above self and makes satisfactory group adjustments.(iii) Mental characteristics: He has a healthy outlook of life, has good sense of judgment, thinks independently and constructively and is resourceful.(iv) Emotional
```

characteristics: He has stability and self-control and faces reality in an honest manner. Importance of Physical fitness (iv) The speed of recovery from illness is enhanced. EVALUATIONWhat is physical fitness? List five components of

health related and performance related physical components Mention two importance of physical fitness. List five components of physical fitness. Mention factors that contribute to physical fitness that contribute to physical fitness. Mention factors that contribute to physical fitness that contribute the factors that contribute the factor fac
CONDITIONING PROGRAMMECONTENTExercises to Develop Strength, Endurance and FlexibilitySafety Precautions While Performing Exercises are designed to develop strength, endurance and flexibility:1. Strength development: Pull up, press up, knee bend, sit up,
weight training.2. Endurance development: Circuit training (running on the spot squat thrust- press upHarvard step up-tread mill-windmill, duck walk, hurdle stretch, bending from the trunk, bending the neck sideways, bending forward and backward, trunk flexion standing, trunk
extension. Safety Precautions While Performing Exercises The following safety precautions should be observed while performing exercises: (i) You must know your limitation. (ii) There must be general warm up before performing activities. (iv) Students should be allowed to
practice for some time before testing.(v) Target should be set on each activity.(vi) Activity must be appropriate to the age and weight of the student.(vii) Activity must be stopped when fatigue sets in.EVALUATIONList 3 activities to develop endurance. As a coach, how would you promote flexibility as a vital tool of top performance in
sports.ASSIGNMENT(a) Identify exercises that can be used to develop health related physical components.(b) List exercises that can be used to develop performance related physical components. CONTENTDefinition of RecreationDefinition of RecreationDefinition of DanceComponents of RecreationTypes of Activities Under the Two Components
of RecreationDefinition of RecreationRecreation can be defined as participation in sporting activities during our leisure time. It is a voluntary participation in which no monetary gain is expected. It is done after ones daily job, usually for fun, enjoyment, social and physical benefits. Definition of Leisure and RestLeisure is ones free time and this
embraces what one does to gainfully occupy his free time. Rest is a state of being free from activity and disturbance. It helps to prevent tension. The best state of rest is sleep. Definition of Dance Dance is expressive movement of turning twisting and rolling of the body (parts) to conform with the rhythm of a sound, beat or music. It is a way of expressing
our inner feelings of joy and happiness. Components of Recreation Recreation Recreation covers a wide range of activities which can be grouped into:(i) Indoor recreational activities. Types of Activities Under the Two Components of Recreation Indoor Activities These are activities that are performed inside the house, hall or
generally under a roof. Examples include: (i) Playing music (ii) Drawing and painting (iii) Sewing (iv) Watching television (v) Playing of indoor games such as cards, Ludo, Scrabble and Chess (vi) Reading or writing for pleasure, dancing (vii) Singing Outdoor Activities There are activities that are performed outside or in the open such as parks, game
reserves, beach and sports field. Examples are: Mountaineering, playing outdoor games, walking, jogging, swimming, cycling, fishing, etc. EVALUATIONWhat is recreation? List two components of recreation. Differentiate between leisure and rest. ASSIGNMENTIn a tabular form outline five
outdoor and indoor recreational activities. State three reasons you would prefer indoor recreational activities to outdoor activities to outdoor activities and DanceThe Benefits of Recreation and DanceThe following are the benefits of recreation and dance: (i) They are an unconscious use of
leisure time.(ii) They reduce juvenile delinquency, crimes.(iii) They create room for social integration.(iv) They help to develop socially acceptable behaviour.(v) They give an opportunity for the development of sports skills.(vii) They provide an opportunity for the release of tension.(viii) They
provide the forum for fun and enjoyment. EVALUATIONWhat is recreation? List two components of recreation. Differentiate between leisure and rest. CONTENTDefinition of Shot PutExecution of Basic Skills and Techniques of Shot PutTypes of Putting the ShotRules and
Regulations Governing Shot Put ThrowDefinition of Shot PutShot Put is a field event that involves the putting of a missile called the shot for a horizontal distance. A competitor is allowed three trials. Put is made from within a circle of 2.135m in diameter to a landing sector of 400. Table of Specification for Shot PutSEXWEIGHTMEN7.26 KGWOMEN4
KGBasic Skills and Techniques of Shot Put(i) The hold(ii) The stance(iii) The glide(iv) The release(v) The follow through(vi) The recoveryExecution of Basic Skills and Techniques of Shot Put(i) The stance: The stance depends on the methods of putting as there are various methodsTypes
of Putting the Shot(a) The standing put(b) The side shift put(c) The drive or glide.(iii) The glide: The glide is the movement across the circle and towards the step board.(iv) The release (putting): The shot is released from under the ear, above the shoulder to form arc before landing.(v) The follow through: This is the position an athlete assumed after
the release of the missile.(vi) The recovery: It is the quick and prompt action taken by an athlete which signifies the end of an action.Note: All students are expected to draw the throwing sector.Rules and Regulations Governing Shot Put Throw(i) The throwing sequence must begin within the sector and ends within the sector.(ii) The thrower must not
step beyond the step board before and after the throw.(iii) The competitors are credited with the best of their trials(iv) The missile must land within the throwing sector.(v) All throwers are expected to back the spectators during the throw.(vi) Missiles are to be rolled back to the sector after throw and not to be thrown.EVALUATIONMention three (3)
types of putting shot. State five rules and regulations governing shot put throw. ATHLETICS: DISCUSCONTENTDefinition of DiscussExecution of Basic Skills and Techniques in DiscussRules and Regulations Governing Discus ThrowDefinition of DiscussDiscus is a field event which
involves throwing a missile called discuss for a horizontal distance. A competitor is allowed three trials; the throwing is made from within a throwing circle of 2.50m in diameter to a landing sector of 40o. Table of Specification for DiscusSEXWEIGHTMEN2 KGWOMEN1 KGBasic Skills and Techniques in Discus(i) Grip/Hold(ii) Stance(iii) Swing(iv)
Turns(v) Release(vi) Follow through the sector(vii) RecoveryNote: The discus must land within the landing sector which is 400 and both legs must be behind the metal rim. Execution of Basic Skills and Techniques in Discuss(i) The hold: The discus is placed on the palm and the spread fingers curl over to hold it. (ii) The stance: The thrower stands at the
rear of the circle with the feet slightly apart and backing the landing sector.(iii) The swing: The discus is swung to meet the other hand near the shoulder to gather(iv) The turns: It is the movement of the body towards the direction of throw.(v) The release: This is done at shoulder level.(vi) The follow through: This is the position an athlete assumed
after the release of the missile.(vii) Recovery: It is the quick and prompt action taken by an athlete which signifies the end of an action. Note:- All students are expected to draw the throwing sector.Rules and Regulations Governing Discus Throw(i) The throwing sector.Rules and Regulations Governing Discus Throw(ii) The throwing sector.Rules and Regulations Governing Discus Throw(iii) The throwing sector.Rules and Regulations Governing Discus Throw(iii) The throwing sector.Rules and Regulations Governing Discus Throw(iii) The throwing sector.Rules and Regulations Governing Discus Throw(iiii) The throwing sector.Rules and Regulations Governing Discus Throw(iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii
not step beyond the step board before and after the throw.(ii) The competitors are credited with the best of their trials(iv) The missiles are to be rolled back to the sector after throw and not to be thrown.EVALUATIONDIfferentiate
between discus and shot put. State two similarities between shot put and Discus ThrowRules and Regulations Governing Shot Put and Discuss ThrowSafety Precautions in Shot Put and Discuss ThrowRules and Regulations Governing Shot Put and Discuss ThrowSafety Precautions in Shot Put and Discuss ThrowRules and Regulations Governing Shot Put and Discuss ThrowPut and Dis
Put and Discuss ThrowThe following are the rules and regulations governing shot put and discuss throw:(i) The throwing sequence must begin within the sector.(ii) The throwing sequence must begin within the sector.(iii) The competitors are credited with the best of their trials(iv) The missile must be throwever and rest to be absorbed to be about the sector.(iii) The throwing sequence must be absorbed to be about to be abou
land within the throwing sector.(v) All throwers are expected to back the spectators during the throw.(vi) Missiles are to be rolled back to the sector after throw and not to be thrown. Safety Precautions in Shot Put and Discus ThrowThe following safety precautions are to the observed in shot put and discus throw:(i) All officials and spectators must stay clear of throwing sector during the throw.(ii) Adequate warm up must be ensured by all athletes.(iii) Before and during the throw, all official and non-official movement must be suspended.(iv) The throwing sector must not be slippery or water lodged(v) Equipment must be well inspected before use.(vi) The participants must have thorough
knowledge of the event.(vii) Athlete must wear suitable/smart dress for effective and efficient movement. EVALUATION State five (5) safety measures in shot put and discuss throw. Explore Further
Anomicage of the event. (vii) Adhere must wear suitable/smart dress for effective and efficient movement. Evaluation of discussing the function of discussing the first of the

Health and physical education in schools. What is physical and health education course all about. What is the difference between health and physical education. What's physical and health education.