



## **Module 1: Health and Physical Education for Elementary Teachers**

### **INTRODUCTION:**

Health and Physical Education for Elementary Teachers is organized into two parts, each dedicates to different components of incorporating health and physical education into the elementary classroom.

It focuses on the foundational knowledge needed for teaching health and physical education. It addresses the health risk, behaviors in today's generation of students, a team approach to coordinated school health, how physical growth and brain development in children are related to health, and the many characteristics and benefits of a high-quality physical education program.

It emphasizes the strategies necessary for incorporating health, physical education, and physical activity and the national standards into each school day. It also present teaching methods, assessment tools, and evaluation strategies to ensure teaching success.

### **LEARNING OUTCOMES:**

1. To define Physical Education the importance of fitness
2. To understand the Objectives Physical Education
3. Define the terms content, process and value of PE and Health
4. To explain the purpose of physical education
5. Signify the importance of physical education and health in the elementary grades.

### **LEARNING CONTENT:**

## **LESSON 1: Introduction Physical Education**

### **THE MEANING OF PHYSICAL EDUCATION**

Physical education has undergone many vicissitudes and several changes of direction in Philippine schools. Time was when physical education was considered as education of the physical, hence, a well-built physique was considered as a physically educated body. The activities then were such terms as “drill”, “physical training” and calisthenics. This old concept of physical education would in all respects mean today as strengthening the muscles.

### **WHY PHYSICAL EDUCATION?**

The newer and modern concept of physical education is that is education through physical activities. In modern physical education parlance, it is education through “movement”, “Wunderlich (1967) says of movement: It provides sensory data. It broadens the perceptive horizon. It stimulates function and structure of all bodily organs. It is the means by which an individual learns about himself in relation to his ambient environment. What education through movement more particularly entails in addition is the taking of that culture-based family of activities and processes—games, dance, gymnastics, athletic sports and outdoor pursuits — as a means through which the teacher can help effect desirable outcomes, regardless of whether or not those activities have intrinsic worth of their own.

Physical education performs three functions: biologic integrative, and social. Biologic function refers to the enhancement of the individual's growth and development through body movement. Integrative function

# Health Education Teaching Ideas Elementary

**Donna L. Osness, Karen Thompson**



## **Health Education Teaching Ideas Elementary:**

Health Education Teaching Ideas Jane Hakala, W. P. Buckner, Jr., 1995      *Health Education Teaching Ideas* Donna L. Osness, Karen Thompson, 1983      *Lesson Planning for Skills-Based Elementary Health Education* Holly Alperin, Sarah Benes, 2020-03-27 Lesson Planning for Skills Based Elementary Health Education is a highly practical resource for elementary health educators or general classroom teachers looking for innovative tried and true ways to implement health education The text offers effective skills based learning activities lessons units and assessments for your classroom that you can use as they are or with modifications to meet the needs of your students You can use this text to build a completely new curriculum or to supplement your existing curriculum providing a smooth transition from a content based approach to a skills based approach The authors explain the rationale and foundation for making that transition putting the lesson plans activities and assessments into context as you learn how to implement a skills based approach The 130 lessons and activities in Lesson Planning for Skills Based Elementary Health Education have been created by the authors and experienced teachers broadly recognized for their expertise in skills based health education organized to map to the skills in the National Health Education Standards and align with a five step skill development model designed to be adaptable to meet the needs of all students and enhanced with student worksheets that are available in both English and Spanish Lesson Planning for Skills Based Elementary Health Education is an ideal companion to The Essentials of Teaching Health Education a foundational text by Benes and Alperin that presents teaching and assessment strategies for planning and implementing a skills based approach to teaching health education Together these two books can help you effectively teach skills based health education from day one Lesson Planning for Skills Based Elementary Health Education offers a detailed easy to use learning activity template and employs a teacher friendly format that has been proven effective in the field It comes with a web resource that provides digital versions of the book s many reproducible forms available in both English and Spanish The web resource is included with all new print books and some ebooks For ebook formats that don t provide access the web resource is available separately The text is organized into two parts Part I delves into key aspects of planning implementing and assessing a skills based approach offering you a strong foundation in the core concepts of the approach Each of the part II chapters is devoted to a skill addressed in the National Health Education Standards providing you with the following material An overview of the skill Key considerations for teaching the skill A unit outline Assessments Lesson plans Learning activities Lesson Planning for Skills Based Elementary Health Education offers you all you need to put a skills based approach into practice the solid foundational information that explains the concepts and the resources tools and strategies to help you implement the lesson plans and activities that will aid your students in developing proficiency in the skills emphasized in the national standards

**Resources in Education** ,2000      Journal of Health, Physical Education, Recreation ,1961      **Alabama School Journal** ,1924      The Detroit Educational Bulletin Detroit (Mich.). Board of Education,1924 Vols 2 7 contain also Special

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