

# Physical Education and Health

## Aims

Physical Education and Health contributes to the development of young people as:

- Good citizens of South Sudan
- Successful life-long learners
- Creative and productive individuals
- Environmentally aware members of society

## Rationale

Participation in physical activity lies at the heart of a healthy lifestyle. Physical Education enables learners to understand the basis of healthy living and promotes active and healthy lifestyles.

The subject develops learner' physical competence and confidence, and their ability to use these to perform in a range of activities and take part in sports and games. It promotes physical skillfulness, physical development and a knowledge of the body in action. Participating in physical activities provides opportunities for learners to be creative, competitive and to face up to different challenges as individuals, in groups and as part of teams.

Learners learn how to think in different ways to suit a variety of creative, competitive and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process, learners discover their aptitudes, abilities and preferences, and make choices how to get involved in lifelong physical activity and live life healthily.

## Strands

There are three strands in Physical Education and Health:

- Gymnastics and movement
- Sports and Games
- Health and wellbeing

The first two strands are subdivided into two aspects.

## Physical Education and Health within the Framework

By participating in Physical Education learners will engage in all of the Framework competencies. Learners need to co-operate in groups and teams when playing games, and to communicate with teammates and different audiences. They need to think critically about their own and other people's work and performances, and they need to think quickly and creatively. The health and wellbeing strand of the subject involves an understanding of South Sudanese traditional foods, health processes, sports and games.

## Teaching and Learning Physical Education and Health

Physical education is an essentially practical pursuit, especially for younger learners. Learners should be involved in a wide and increasing range of physical activities including gymnastics, athletics, sports and games. They should have the opportunity to refine their techniques and to develop and evaluate their own series of movements, strategies and tactics. They should be introduced to games and sports such as baseball or softball, netball, basketball, football, volleyball and cricket.

### The Three Strands

The three strands are set out separately here for clarity, but they do not need to be taught separately. The skills of movement and control can be developed in the context of sports and games. Health safety and wellbeing are aspects of all physical activity.

Physical education is essentially active and physical. It is not a classroom pursuit. However, learners should be encouraged to think about their own and others' performance, to evaluate its effectiveness, and to consider ways of improving it.

There are opportunities for using ICT where it is available to film activities and use this to analyse performance.

<b>Movement and Gymnastics</b>	Motor Control	Learners move their bodies with increasingly consistent control and refinement. They can use movement imaginatively, and create and perform fluent sequences of movement.	<p>Across both strands, learners reflect upon their own performance and the performance of others and analyse it in terms of how it can be improved.</p> <p>This involves consideration of physical techniques and also team tactics and strategies.</p>
	Movement	Learners develop the range of physical skills associated with movement and control, and also the skills of planning and designing sequences of movement and of evaluating and refining their own performance and appreciating other people's performance.	
<b>Sports and Games</b>	Techniques	<p>Learners develop and refine techniques in a range of sports and games, including the use of balls, bats, racquets and other equipment, working alone and with others.</p> <p>They use their understanding of the principles of games to apply them effectively and develop and adapt their own strategies and tactics.</p>	
	Teamwork	<p>Learners develop and use their understanding of the principles behind the strategies and tactics of sports in order to improve their effectiveness. They identify what makes a performance effective and suggest improvements based on this information.</p> <p>Learners develop their ability to lead and organize games and sports, captain teams and act as referees or umpires.</p>	
<b>Health and Wellbeing</b>		<p>Learners understand why physical activity is good for their health and wellbeing and they develop positive attitudes toward physical activity.</p> <p>They link this to their understanding of nutrition and the need to develop and adopt a healthy lifestyle.</p>	

		<b>P1</b>	<b>P2</b>	<b>P3</b>	<b>P4</b>
<b>Movement and Gymnastics</b>	Motor Control	Begin to develop control and co-ordination of physical movement.  Move with confidence, using space and being aware of others.	Apply movement skills in play. Participate in South Sudanese traditional games.	Perform basic movements on floor and apparatus. Change rhythm speed and direction of movement.	Develop basic techniques in gymnastic activities
	Movement	Create and perform simple movement patterns	Perform basic movements involving the whole body & manipulative skills.  Devise and repeat compositions and sequences of movements.	Use movements imaginatively, using apparatus where available.	Perform wide range of movement patterns singly or in combination.  Create and perform short linked sequences that show a clear structure
<b>Sports and Games</b>	Techniques	Begin to develop good control over a ball in throwing and catching, and application of motor skills in traditional games.	Use motor skills appropriately to play simple mini games.	Develop basic techniques in sprinting, running, relays, catching throwing, jumping and dodging.	Apply basic techniques in games requiring kicking, dodging, catching, throwing, jumping and passing.
	Teamwork	Take turns and show cooperation in playing simple games.	Participate in group games played according to simple rules. Learn to accept defeat and appreciate effort.	Understand and apply the rules in group games and other physical activities.  Develop skills in traditional games & dances.	Apply their skills to participate in basic competitive games such as football, volleyball and athletics.
<b>Health and Wellbeing</b>		Move and play with regard to safety and with awareness of others	Understand the importance of personal hygiene for health. Know the rules for using equipment safely.	Understand importance of exercise for their health.	Understand the importance of disease prevention and its links to hygiene and exercise.

		P5	P6	P7	P8
<b>Movement and Gymnastics</b>	Motor Control	Refine their techniques in a range of gymnastic activities.	Refine and increase their range of participation in gymnastics and other forms of physical activities.	Participate in a range of gymnastic activities with increasing refinement and control	Be able to refine and increase their range of gymnastic actions that involve how to execute and improve a sequence of movements
	Movement	Design and perform movement and dance sequences that combine a range of movements	Create simple characters and narrative through movement and dance in response to a range of stimuli	Develop complex sequences with repetitions and contrasts while working alone and with others.	Demonstrate through a variety of activities, the elements of movement for expression and communication through movement and dance.
<b>Sports and Games</b>	Techniques	Perform variety of motor skills involving a range of games and sports ( <i>eg football, netball, volleyball &amp; athletics</i> )	Extend and apply the techniques for running, jumping, kicking, catching, throwing, dodging etc. in a games situation	Show competence in the various skills of the games in which they participate, controlling and apply knowledge of rules in game situations	Demonstrate competence in the performance of various skills, tactics and strategies in competitive play and undertake a variety of rules which are associated with games.
	Teamwork	Participate as part of a team in group competitions to refine their performance in the various games.	Demonstrate increased defensive and offensive playing strategies in a range of games and competitions	Design and play small group games in order to develop skills for basic offensive and defensive play during matches.  Promote fair play, accept defeat and appreciate success.	Demonstrate the simple game strategies by using combinations of attacking and defending skills with special emphasis on contact rules.  Promote fair play, accept defeat and appreciate success.
<b>Health and Wellbeing</b>		Understand how to take account of their own and others safety in physical activities.	Understand the importance of nutrition.	Relate physical performance to healthy body systems and their functions	Recognise some of the issues associated with the misuse of drugs in sport.  Understand the effect that physical activity has on specific systems of the body.