

**Oberlin High School  
Physical Education  
Grade 7**

**Topic: Introduction to Physical Education**

**What is Physical Education?**

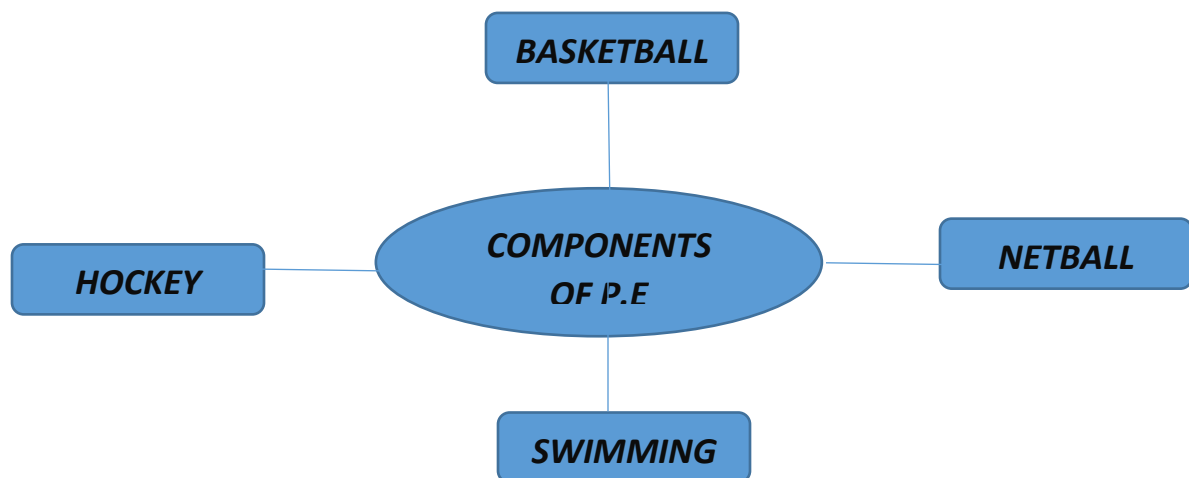
- ✓ Physical Education an educational process that aims to improve human development and performance through physical activity. It tends to take place at school through formal lessons, but it also includes informal activity such as play. Physical education is a process of learning, the context being mainly physical. The purpose of this process is to develop specific knowledge, skills, and understanding and to promote physical competence. Different sporting activities can and do contribute to this learning process, and the learning process enables participation in sports. The focus, however, is on the child and his or her development of physical competence rather than the activity. Physical education has a holistic view within a societal context that identifies the interdependence of personal health with societal health and environmental health. On an individual level, physical education is an agent for health and wellness that can promote personal responsibility and control for active lifestyles. However, equally as important, physical education focuses students' attention on understanding the problems of the social environment that may inhibit them and others from pursuing active

lifestyles. Physical education contributes to individual wellness through the innate 'experience of the moment' and is reinforced on a daily basis through the knowledge, skills, and feelings of enhanced self-esteem and wellness that develop over time. Physical education is an area in which physical activity is valued and integrated into daily living.

### **Components of Physical Education**

- ✓ Components of Physical Education are different types of Physical Activity

For Example



- ✓ **Improvement in Life-Style and Social Relationship:**

Studies in the Health and Physical Education learning area provide the potential for a better quality of life for all students, now and in the future. Effective interpersonal skills are essential for participation in meaningful and fulfilling relationships in family, school, recreation, work and community contexts. Interpersonal skills such as assertive communication, negotiation, conflict resolution, cooperation and leadership enable students to act responsibly and contribute effectively to groups and teams.

✓ **Improvement in the Sense of Responsibility:**

Improving students' knowledge about health issues and practices does not guarantee they will lead healthy lifestyles. However, students who are able to identify and develop their own attitudes and values associated with leading a healthy lifestyle are better equipped to make personally and socially responsible decisions.

This has the potential to enhance the quality of their own and other people's lives. Students who are able to respect the attitudes and values of others are well placed to contribute effectively to home, school, work and community life.

✓ **Improvement in the Fields of Education:**

Today, physical education is required part of most school curricula, and a number of colleges and universities offer degrees in the field. Physical education classes generally include formal exercises, sports, and contests; although an increasing emphasis has been given to such Asian techniques as yoga, karate, and judo.

## **Benefits of Physical Education**

Physical education on a daily basis establishes the foundations for active living by providing experiences, which enhance the learner's knowledge, attitudes, and skills towards a wellness lifestyle. Physical education as a medium for active living in a school setting engages the whole person in the following ways:

- Physically - through high-level participation in appropriately selected activities.
- Socially - through associating with others.
- Mentally - through concentration and intensity while learning new concepts and skills.
- Emotionally - through the confidence that comes from enjoying established skills.

### **Example of Physical Benefits:**

- reduce your risk of a heart attack.
- manage your weight better.
- have a lower blood cholesterol level.
- lower the risk of type 2 diabetes and some cancers.

- have lower blood pressure.
- have stronger bones, muscles and joints and lower risk of developing osteoporosis.
- lower your risk of falls.

### **Examples of Social Benefits:**

- Exercise Improves Self-Image
- Exercise Increases Self-Esteem and Confidence
- Exercise Reduces Stress and Anxiety
- Exercise Helps You Make Friends
- Teamwork and Cooperation

### **Class Activity**

1. Four components of physical education are listed above. Research and list eight (8) more compnents.
2. In your own words, write a definition for Physical Education
3. State five (5) examples of Mental benefits of physical education.
4. State five (5) examples of Emotional benefits of physical education.

5. Based on the notes above write a paragraph on how physical education benefit you as a student.