



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

Teaching Health In Elementary Schools

Zhe Xu



Teaching Health In Elementary Schools:

Decoding **Teaching Health In Elementary Schools**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Teaching Health In Elementary Schools**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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