



MINISTRY OF EDUCATION

SUMMARY OF PRIMARY PHYSICAL EDUCATION CURRICULUM

Rationale

Physical Education is the main contributor to total human functioning and development. It has as its basis purposeful movement which is an essential element in the process of human growth and development and has implications for the cognitive, motor and affective development of children. It is unique as an educational discipline in that it is alone as a medium for providing the child with opportunities for enhancing movement abilities and increasing his/her level of physical fitness as well as increasing knowledge and understanding relevant to physical skills and sport.

Aims of physical education at the primary school

To provide opportunities for pupils to

1. develop movement experiences through the medium of guided exploration, invention, discovery, problem solving
2. develop neuromuscular skills through varied movement experiences associated with various forms of physical activity
3. develop and maintain appropriate levels of organic fitness
4. encourage a desirable level of self-concept through movement experiences
5. foster perceptual-motor development in keeping with their established maturational levels and related competencies
6. display self-confidence, self-direction, initiative, feelings of personal worth and qualities of good sportsmanship
7. acquire knowledge of a wide variety of recreational skills leading to mastery and enjoyment
8. acquire knowledge and understanding relevant to various sporting disciplines and local heroes
9. acquire knowledge regarding the body, its care and use
10. develop desirable social standards for citizenship, respect for authority and exhibit social skills

Content

The main components of the programme are as follows: Movement Education/Educational Gymnastics, Games Training, Outdoor Pursuits, Health Education and Dance.

Teaching and Assessment Strategies

The Physical Education programme is designed for students to learn through interaction with one another in different situations. Suggested teaching strategies include demonstrations, observation, investigation, problem solving, discussion, role play, field trips, games and surveys.

Assessment in Physical Education is based on performance tasks that readily accommodate the movement skill approach, but strategies must also be varied to ensure evaluation of the full range of students' abilities. These may include games, skills, drills, peer tutoring, video tapes, group performances, competitions, creation of movement sequences and demonstration.