

TEACHING OF PHYSICAL EDUCATION

DEFINITION

Physical Education is the accumulation of wholesome experiences through participation in large-muscle activities that promote optimum growth and development

Brown well

Physical education is the part of general education programme which is concerned with the growth, development and education of children through the medium of big muscle activities.

H.C. Buck

AIM OF PHYSICAL EDUCATION

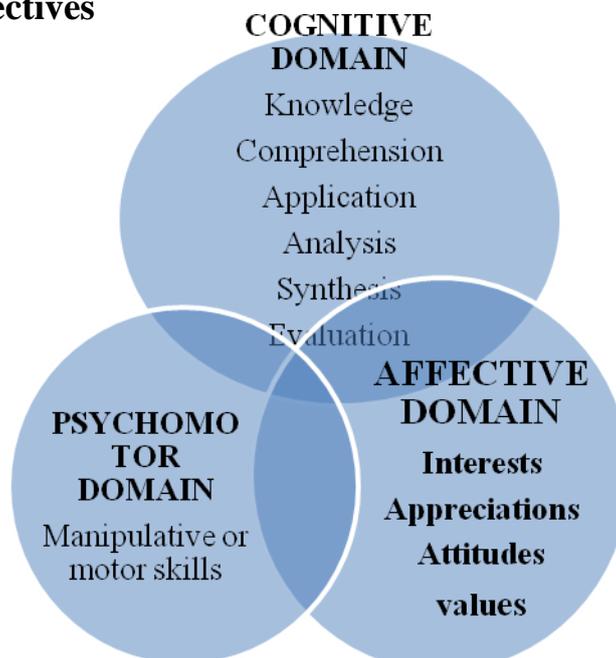
Physical education should aim to provide skilled leadership and adequate facilities, which will afford an opportunity for the individual or group to act in situations which are physically wholesome, mentally stimulating and satisfying and socially sound.

J.F. Williams

OBJECTIVES OF PHYSICAL EDUCATION

- Optimum and whole some development of individual for complete living
- Educative experience
- Personality development
- Neuro-muscular development
- Moral and character development
- Development of useful skills
- Interpretive development
- Attitude towards leisure
- Remedial values
- Effective citizenship

A new look at objectives



Dr. R.SATHESH FRANKLIN, DPE, SXCE

OLYMPIC GAMES

ANCIENT OLYMPIC GAMES

- Religious festival of god Zeus
- First Olympics in 776 B.C at Olympia
- Heralds went all over the country and announced the truce. Peace was maintained and free to move anywhere.
- Women were not allowed to participate or witness
- Participated in naked form
- Only Greek citizen without any crime were allowed to participate
- They took oath
- Practice at Palestra for 10 months and last month at Olympia.
- Competition was between only Greek city states.
- Only individual items and no team items.

Conduct of the games

- Assembly of athletes and their family members
- March past
- First day was devoted to religious sacrifice and oath taking
- Second day was march past and introduction of athletes followed by chariot race, pentathlon
- Third day was sacrifice of 100 oxen followed by events in afternoon
- Fourth day for chief athletic events
- Fifth day for feasting and rejoicing

MODERN OLYMPIC GAMES

- In 1896, it was revived by Baron Pierre De Coubertin
- International good will and understanding
- First conference at Paris in 1894 attended by 12 countries & decided to conduct games in 1896
- Funds from Greek royal family and prince of Alexandria to conduct the games
- King George –I declared open the first games
- Marathon was introduced – 26 miles

- In 1908 distance was fixed a 26 miles 385 yards

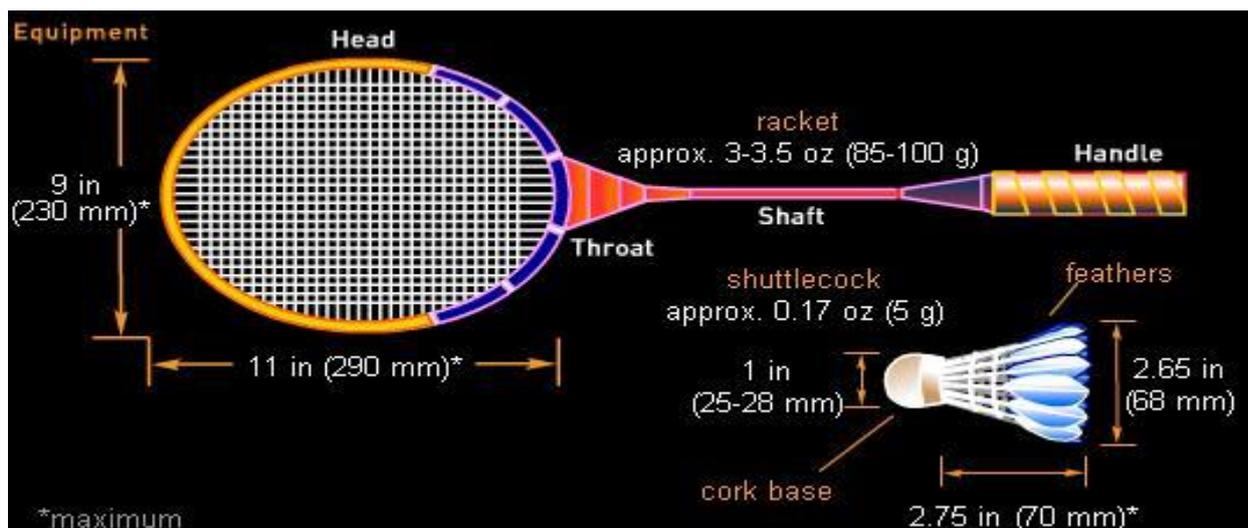
Conduct of the games

- Held in different cities
- Oath at tribune of honor by leader of the host contingent
- Participates should be citizens of a country
- Women started taking part from 1900 onwards
- Athletes should wear uniform
- 16 days
- First three places medals and IV,V and VI places diploma

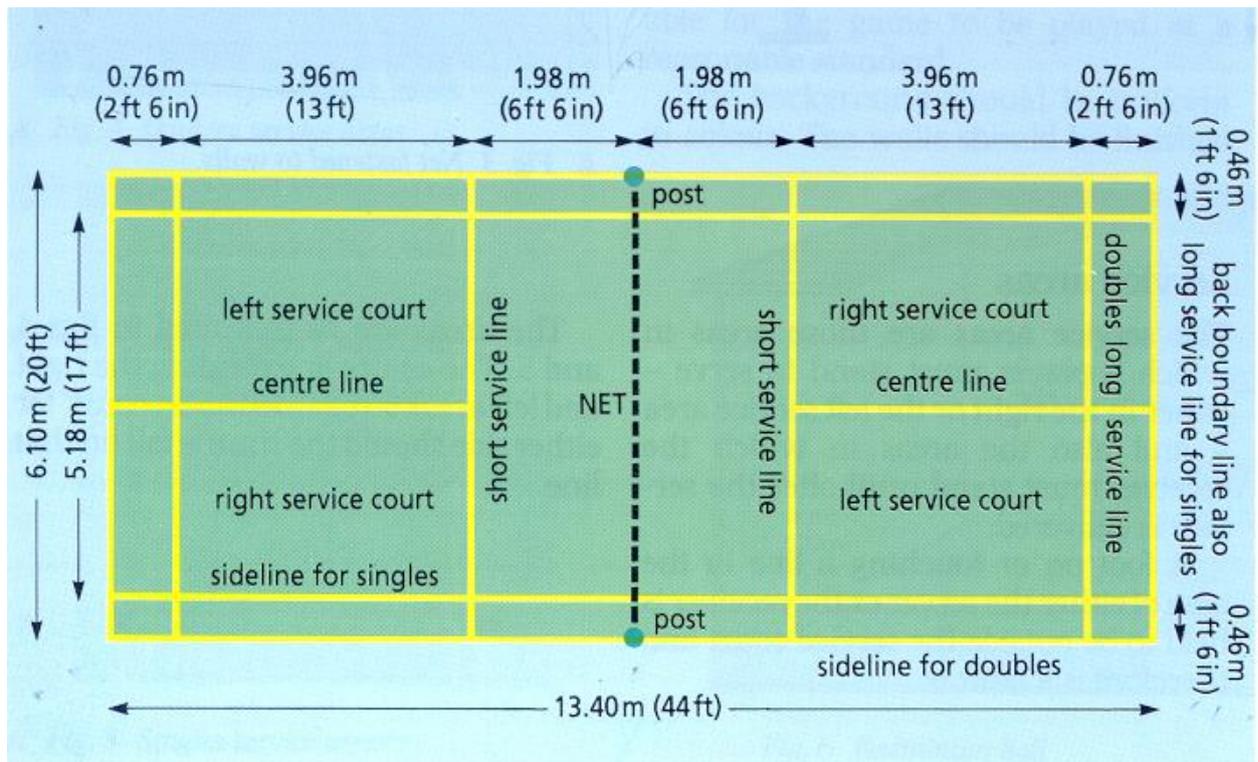
The Olympic flag

- From 1920 Antwerp Olympics
- Five color of rings with blue, yellow, black green and red (W -shape)
- Motto CITIUS,ALTIUS, FORTIUS
- Olympic torch from 1936 Olympics
- Ceremonial flag not hoisted

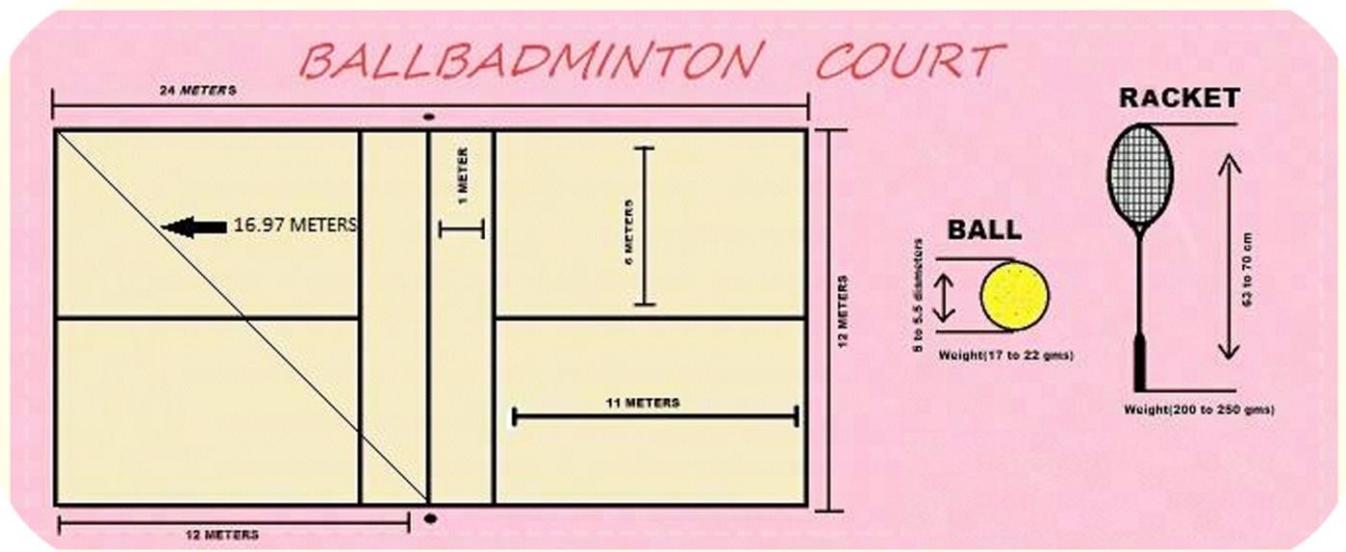
BADMINTON



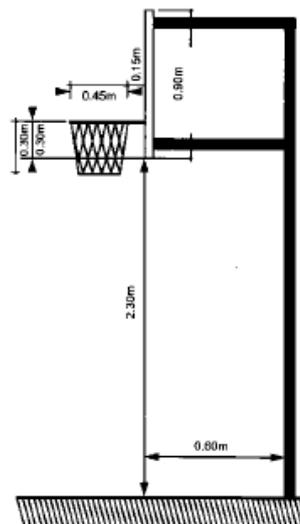
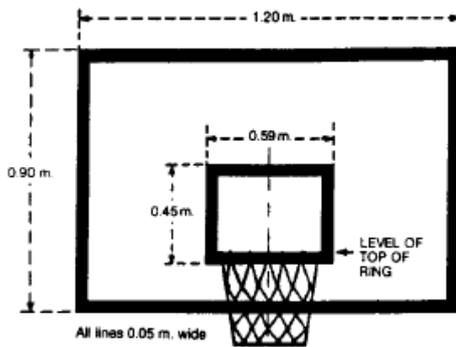
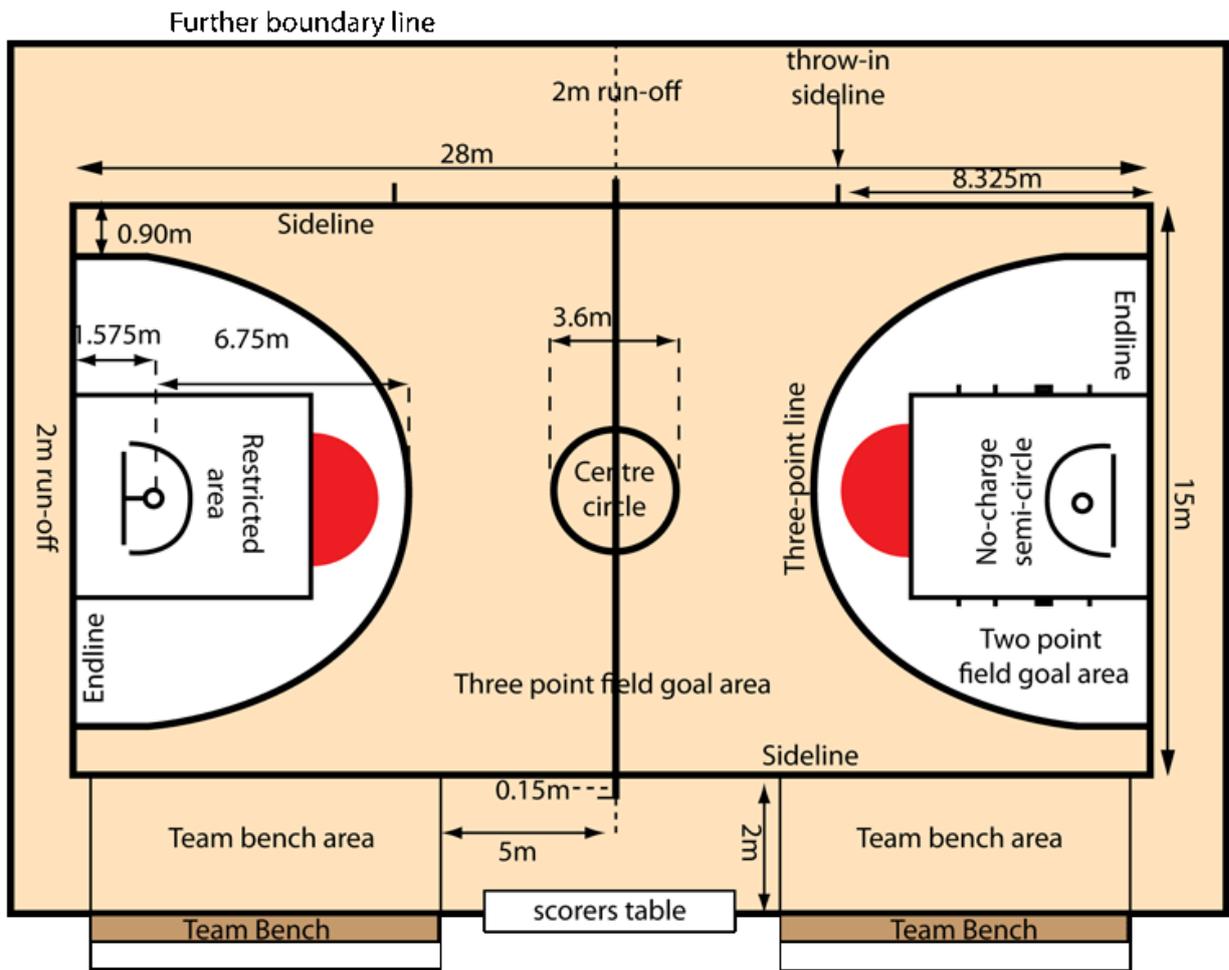
Badminton Court



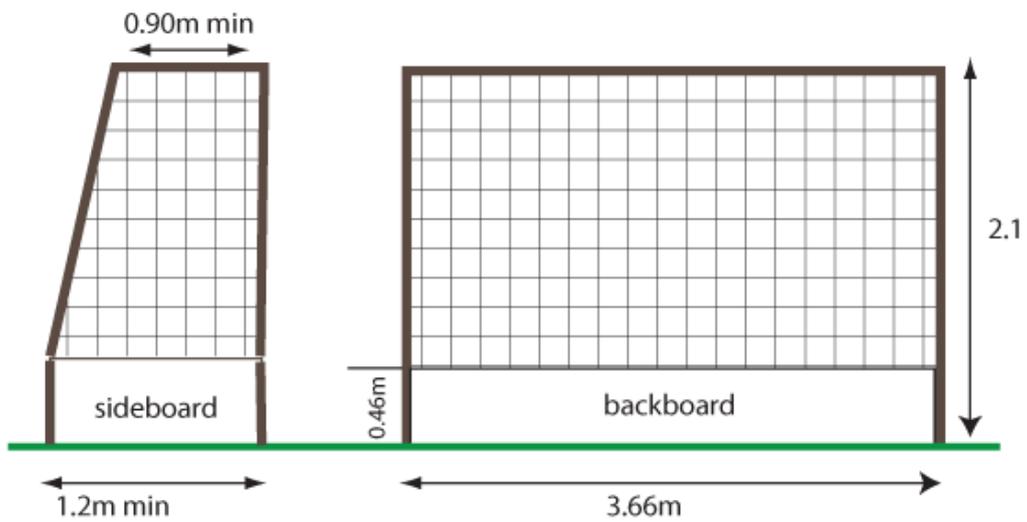
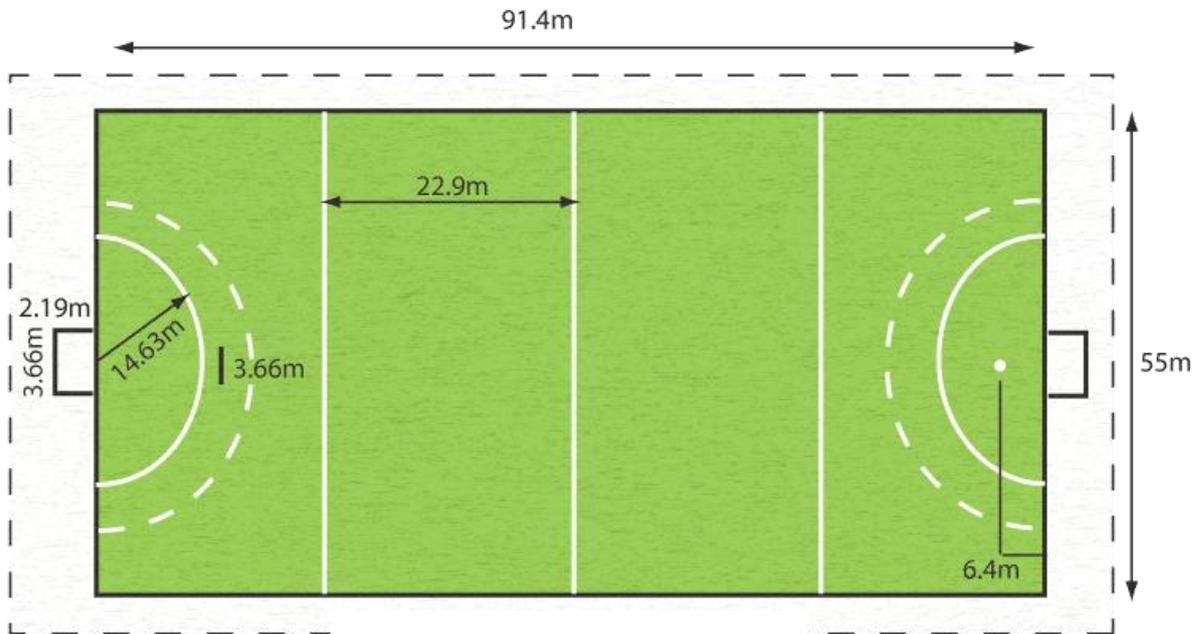
BALL BADMINTON



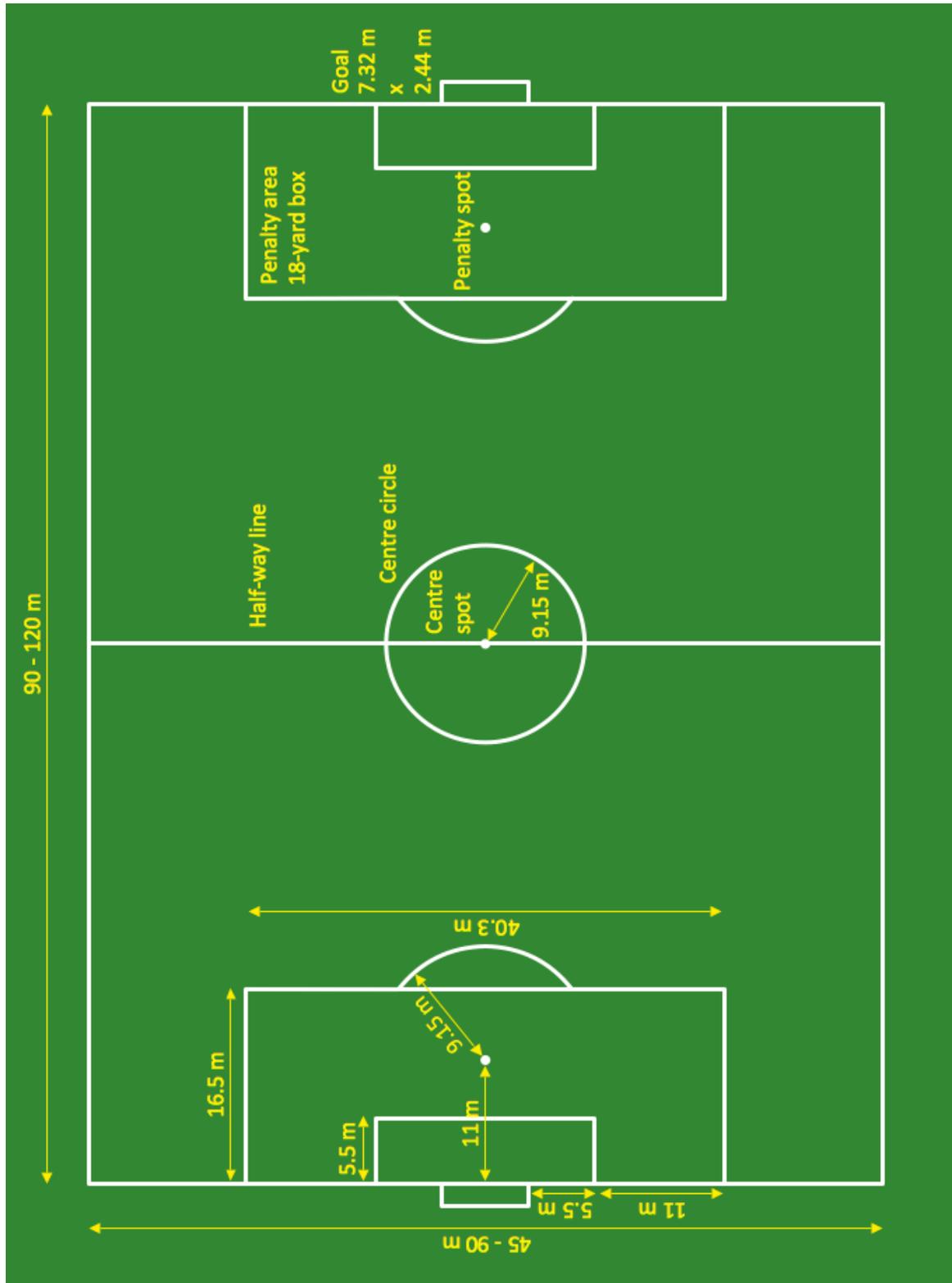
BASKETBALL



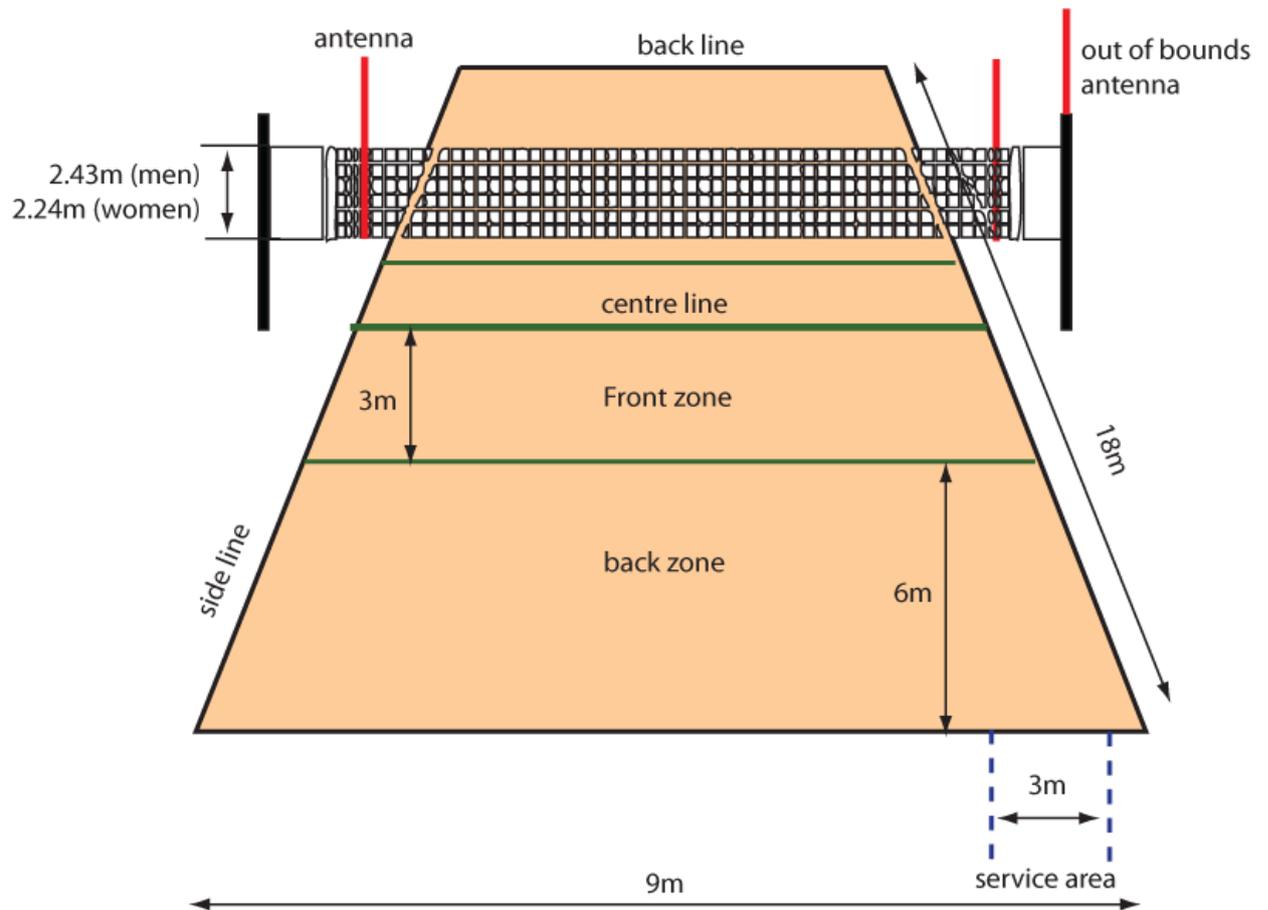
HOCKEY



FOOTBALL



VOLLEYBALL



METHODS OF TEACHING PHYSICAL ACTIVITIES

Various methods may be adopted for teaching physical activities.

1. Command Method
2. Oral Method
3. Demonstration Method
4. Imitation Method
5. Dramatization Method
6. At-Will Method
7. Set-Drill Method
8. Whole Method
9. Part Method
10. Whole-Part-Whole Method
11. Progressive Part Method
12. Observation and Visualization Method

COMMAND METHOD

Usually formal activities are taught by command method where certain words of command are used to obtain the required position.

ORAL METHOD

In this method the teacher merely explains the activity by words without any demonstration and expects the class to perform it.

DEMONSTRATION METHOD

Here the teacher will demonstrate the activity with a brief explanation. The students have to observe the teacher's demonstration and then perform the activity on the command of the teacher.

IMITATION METHOD

In this case the teacher says "Follow Me" or "Do as I do." When the teacher leads an activity and then changes the movements, the boys perform the same by imitation.

DRAMATIZATION METHOD

In this method the pupils are made to perform the movements of animals, birds, motor cars, trains, soldiers, sailors, etc., story plays and action songs in play form.

AT-WILL METHOD

In this method the students are given an opportunity to perform the activity in their own time and rhythm. In other words this is a free form of exercising.

SET-DRILL METHOD

This method will consist of a series of well-planned exercises of free arm type and exercises with light apparatus (dumb-bells, clubs, wands, poles etc.)

WHOLE METHOD

This method is adopted whenever an activity is to be taught as a whole action without breaking it into its component parts. For example, the teaching of an athletic event like high jump which includes a series of movements (approach, take-off, lay-out and landing) is done by this method, even though each of these movements may be analysed and emphasised.

PART METHOD

This is adopted whenever a particular activity is broken into its meaningful parts and taught: for example, the teaching of the individual skills of a major game.

WHOLE-PART-WHOLE METHOD

In this method a full and clear conception of the whole activity is given at the outset. Then the activity is divided into its meaningful parts and taught. After practising these parts as separate skills they are put in a practice game situation. Thus initial practice is on the individual parts. Then the parts are combined into the whole activity.

PROGRESSIVE PART METHOD

This method is to be adopted usually to teach rhythmic activities which require a lot of co-ordination. In this method, the activity is taught step by step. At the outset step 1 will be taught then step 2: afterwards steps 1 & 2 will be combined. Thereafter step 3 will be taught and steps 1, 2 & 3 will be combined. In this manner all the steps of the activity will be taught in a progressive manner. Finally the whole activity will be performed with proper co-ordination.

OBSERVATION AND VISUALIZATION METHOD

Students, whenever opportunity arises, may be taken to the places where Champion Teams and athletes compete. (Eg. State & National Competitions etc.) So that they can observe them in action and learn some of the finer tactics, strategies and techniques of games and the events, Films, preferably in slow motion, depicting the finer points of the activity may be repeatedly shown with due comments so that effective learning may take place.