

#### 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:

- 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
- 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

# **Health Education Teaching Ideas Elementary**

**Huangqi Zhang** 

**Health Education Teaching Ideas Elementary:** 

## Health Education Teaching Ideas Elementary Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Health Education Teaching Ideas Elementary**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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