



## **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

# Health Education Teaching Ideas Elementary

**Tao Wei**



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## **Table of Contents Health Education Teaching Ideas Elementary**

1. Understanding the eBook Health Education Teaching Ideas Elementary
  - The Rise of Digital Reading Health Education Teaching Ideas Elementary
  - Advantages of eBooks Over Traditional Books
2. Identifying Health Education Teaching Ideas Elementary
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Health Education Teaching Ideas Elementary
  - User-Friendly Interface
4. Exploring eBook Recommendations from Health Education Teaching Ideas Elementary
  - Personalized Recommendations
  - Health Education Teaching Ideas Elementary User Reviews and Ratings
  - Health Education Teaching Ideas Elementary and Bestseller Lists
5. Accessing Health Education Teaching Ideas Elementary Free and Paid eBooks
  - Health Education Teaching Ideas Elementary Public Domain eBooks
  - Health Education Teaching Ideas Elementary eBook Subscription Services
  - Health Education Teaching Ideas Elementary Budget-Friendly Options
6. Navigating Health Education Teaching Ideas Elementary eBook Formats

- ePub, PDF, MOBI, and More
- Health Education Teaching Ideas Elementary Compatibility with Devices
- Health Education Teaching Ideas Elementary Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Health Education Teaching Ideas Elementary
  - Highlighting and Note-Taking Health Education Teaching Ideas Elementary
  - Interactive Elements Health Education Teaching Ideas Elementary
- 8. Staying Engaged with Health Education Teaching Ideas Elementary
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Health Education Teaching Ideas Elementary
- 9. Balancing eBooks and Physical Books Health Education Teaching Ideas Elementary
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Health Education Teaching Ideas Elementary
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Health Education Teaching Ideas Elementary
  - Setting Reading Goals Health Education Teaching Ideas Elementary
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Health Education Teaching Ideas Elementary
  - Fact-Checking eBook Content of Health Education Teaching Ideas Elementary
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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