***Health and physical education syllabus for prospective certificate preschool Teachers***

***HPE-- 101***

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1. ***Course Identification***
2. ***Course Title: Health and physical education for children***

* Course Code: HPE - 101
* Credit hours -- 2
* Contact hours -- 2

1. ***Rationale of the course***

This course is designed to provide trainees with the basic skills, knowledge and understanding of the value of physical education. In addition, the trainees will develop the specific skills, knowledge and understanding which will enable them to use physical education in teaching other subjects in preschool.

1. ***Course Description***

This Course provides the opportunity for trainees to acquire basic theoretical knowledge and practical skills for pre-school teachers related to the teaching and learning process and using various methods in preschool. The course focuses on understanding physical education and physical fitness, and the skills needed for individual and team sports. In delivering this course mainly practical methods will be employed together with lectures when appropriate. The evaluation method for this course will mainly consists of continuous assessment but final examination will also be applied.

1. ***General Objectives of the course***

**On the successful completion of the course trainees will be able to:**

* Know the term physical education
* Understand the components of physical fitness
* Describe the major problems faced in preschool physical education session
* Describe the teacher’s responsibilities for providing a safe and responsible activities for preschool children
* Develop ethical behaviour and the responsibility of citizenship
* Distinguish the stages of skills development
* Develop basic techniques of different ball games.
* Develop basic techniques of gymnastics and athletics.
* Understand how fine and gross motor skills develop through different physical activities.
* Understand how cardiovascular endurance develops through different physical activities.
* To develop physical skills, coordination and movement.
* To develop abilities and initiation in play and games, including team sports.
* Know how to plan and implement physical education lessons in preschool.
* To acquire knowledge of the implication of the benefit from involvement in physical education.

1. ***Course contents***

**Unit One: Understanding physical education and physical fitness**

1.1. Basic concepts of physical education

1.2. Brief history of physical education

1.3. Basic concepts and components of physical fitness

**Unit Two: Importance and value of physical education for preschool children**

2.1. Recreational value

2.2. Physical and mental developmental value

2.3. Social value

2.4. Educational value

2.5. Duties of preschool teacher

**Unit Three: Individual and Team Sports**

3.1. Gymnastics:

3.2. Minor and cultural games

3.3. Athletics

3.3.1. Running

3.3.2. Throwing

3.3.3. Jumping

3.4. Creating Small games

For example

* collect as many balls as possible
* Put bean bags or balls into basket
* Throw and catching the ball

3.5. Team games

3.5.1. Basic Techniques of volleyball

3.5.2. Basic Techniques of football

3.5.3. Basic Techniques of basketball

3.5.4. Basic Techniques of handball

**Unit Four: Teaching Physical education in preschool**

* 1. Procedural consideration of teaching Physical Education in preschool.
  2. Techniques used in teaching of Physical Education in preschools.
  3. Planning and implementing physical education lesson in preschool

**Assessment strategies**

1. **Continuous assessment**

* Assess individual work/practice
* Assess group work/practice
* Class activity
* Written test
* Quiz
* Project work
* Home work
* Observation of practical activities
* Written example of planning
* Demonstration

1. **Final exam written or practice**

**Assessment strategies------------------------------------------------------------------100%**

1. Continuous assessment including practices -------------------------------75%

2. Final exam written ---------------------------------------------------------------25%

**References/Recommended readings**

* George Graham, Shirley Ann Holt/Hale, and Melissa Parker, Fifth edition (2001): **Children Moving: A reflective approach to teaching Physical Education.**
* Holt/Hale, S.A. (1999): **Assessing and improving fitness in elementary physical education.**
* Thomas D.Fahey, Paul M. Insel, Walton T. Roth ,Fourth Edition(2001):**Fit and Well**
* Victor P. Dauer, Robert P.Pangrazi, Nineth Edition(1986): **Dynamic physical education for elementary school children.**
* Wuest A .Bucher (1999) **Foundation of physical education & Sport 13th edition.**

**Suggested Time Allotment**

**Content Allotted Time**

**Unit One: Understanding physical education and physical fitness----------------- 3:20hrs**

* 1. Basic concepts of physical education------------------------------- 50min
  2. Objectives of physical Education------------------------------------- 50min
  3. Brief history of physical education----------------------------------50min
  4. Basic concepts and components of physical fitness-------------50mi

**Unit Two: Importance and value of physical education for preschool children---5:00hrs**

2.1 Recreational value-------------------------------------------------------------50min

2.2. Physical and mental developmental value-----------------------------50min

2.3. Social value--------------------------------------------------------------------50min

2.4. Educational value-----------------------------------------------------------150min

2.5. Duties of preschool teacher----------------------------------------------50min

**Unit Three: Individual and Team Sports-------------------------------------16:40hrs**

3.1. Gymnastics: -----------------------------------------------------------------2:30hrs

3.2. Minor and cultural games------------------------------------------------2:30hrs

3.3. Athletics---------------------------------------------------------------------**2:30hrs**

3.3.1. Running------------------------------------------------------------50min

3.3.2. Throwing-----------------------------------------------------------50min

3.3.3. Jumping------------------------------------------------------------50min

3.4. Creating Small games----------------------------------------------------**2:30hrs**

For example Collect as many balls as possible------------------------------50min

Put bean bags or balls into basket----------------------------50min

Throw and catching the ball-----------------------------------50min

3.5. Team games----------------------------------------------------------**6:40hrs**

3.5.1. Basic Techniques of volleyball---------------------------------1:40hrs

3.5.2. Basic Techniques of football-------------------------------------1:40hrs

3.5.3. Basic Techniques of basketball---------------------------------------- 1:40hrs

3.5.4. Basic Techniques of handball-------------------------------------------1:40hrs

**Unit Four: Teaching Physical education in preschool-------------------------------------2:30hrs**

4.1 Procedural consideration of teaching physical education in preschools------------50min

4.2. Techniques used in teaching of Physical Education in preschools-------------------50min

4.3. Planning and implementing physical education lesson in preschool------ ---------50min

1. ***Unit One : Understanding physical education and physical fitness.(3:20 hours)***

Unit Outcome

At the end of this unit trainees will be able to:

* Know basic concepts of physical education and physical fitness.
* Understand brief history of physical education.
* Show interest to engage in different physical exercises.
* Understand basic components of physical fitness

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| **Specific objectives** | **Content** | **Time** | **Teaching methods** | **Instructional Materials** | **Assessment and Evaluation** |
| * Explain Basic concepts of physical education and physical fitness. * List Main objectives of physical education | * 1. Basic concepts of physical education and physical fitness.   2. Objectives of physical education | 50min  50min | Discussion  Explanation | Charts | * Oral questions * Class activity |
| * Write a brief history of physical education. | 1.3 Brief History of physical education | 50min | Inviting guest  Explanation | Pictures | * presentation * Oral questions |
| * Identify basic concepts and components of physical fitness | * 1. Basic concepts and components of physical fitness. | 50min | Group work  Jigsaw method | Charts | * paper and pencil test * home work |

**References/Recommended readings**

* George Graham, Shirley Ann Holt/Hale, and Melissa Parker, Fifth edition (2001): **Children Moving: A reflective approach to teaching Physical Education.**
* Holt/Hale, S.A. (1999): **Assessing and improving fitness in elementary physical education.**
* Thomas D.Fahey, Paul M. Insel, Walton T. Roth ,Fourth Edition(2001):**Fit and Well**
* Victor P. Dauer, Robert P.Pangrazi, Nineth Edition (1986): **Dynamic physical education for elementary school children.**
* Wuest A .Bucher (1999) Foundation of physical education & Sport 13th edition.

**2. *Unit Two: Importance and value of physical education for preschool children (5:00hrs)***

*Unit Outcome*

At the end of this unit trainees will be able to:

* Know the importance and value of physical education for preschool children
* Understand the need of safety for children in preschool
* Discuss the relationship of physical education with other subjects.
* Know the duties and responsibilities of preschool teacher

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| **Specific objectives** | **Content** | **Time** | **Teaching methods** | **Instructional Materials** | **Assessment and Evaluation** |
| * Identify the Importance and value of physical education in preschool | * 1. Recreational value   2. Physical and mental developmental value   3. Social value. | 50min  50min | * Discussion * Pyramiding * Group work | * Charts * Pictures * Magazine | Oral questions |
| * Write the relationship of physical education with other subject. | * 1. **Educational value:** * Integrating with art * Integrating with music * Integrating with Counting numbers * Integrating with play * Integrating with touch and tell their different body parts and * Integrating with other subject | 50min  50min  50min | * Inviting guest or other subject teachers * Explanation * exploration | * Cards * Charts * Model * Marker | Group suggestions for integrated learning |
| * Lists the duties and responsibilities of preschool teacher * Identify the safety rules and care for children during physical education. | * 1. **Duties and responsibilities of** **preschool teacher**      1. Precaution about physical education in preschool      2. Safety for children      3. Care for children | 50min | * Individual / group work | * Charts * Pictures | * paper and pencil test * Ask questions |

**References/Recommended readings**

* George Graham, Shirley Ann Holt/Hale,Melissa Parker,Fifth edition(2001):**Children Moving: A reflective approach to teaching Physical Education.**
* Kirkendall,D.(1985):  **Effects of physical activity on intellectual development and academic performance.**
* Gabbard, C., LeBlan , E. , & Lowy , S. (1987): **Physical education for children.**
* Victor P. Dauer, Robert. P.Pangrazi, Nineth Edition (1986): **Dynamic physical education for elementary school children.**

**3. *Unit Three: Individual and Team Sports (16:40 hours)***

*Unit Outcome*

By the end of this unit trainees will:

* Understand Individual and Team Sports.
* Design new basic techniques of different ball games.
* Know minor and cultural games.
* Develop basic skills of running, throwing, and jumping.
* Develop basic skills of gymnastics.

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| **Specific objectives** | **Content** | **Time** | **Teaching methods** | **Instructional Materials** | **Assessment and evaluation** |
| * To show the skill of finding, moving from and returning to a safe space. * To improve different floor exercises (basic Gymnastics) | * 1. **Gymnastics:**      1. Floor exercise ( basic Gymnastics) * Rolling * Cartwheel * Head stand * Hand stand   + 1. Rope jumping and rope skipping etc. | 50min  50 min | * Practical * individual work * Team work * Demonstration * Explanation * Teaching by station | * Safety mats * Ropes with Different length * Balance bars * Local materials | * Observation of practical activities |
| * To improve skills by practising different minor games. * To identify different Minor and cultural games. * To improve strength, flexibility and stamina through playing cultural games. | * 1. **Minor and cultural games**      1. **Follow my thumb:** Children run in any direction teacher’s thumb indicates.      2. **Finding Friends:** students run around a circle, when the teacher calls a number students join each other according the number the teacher calls.      3. **cultural games**: design according to their region * **Any minor game** created or selected by the teacher based on the environment can be included. | 50 min  50 min  50 min | * Practical * individual work * Team work * Demonstration * Explanation * Teaching by station | Safe and appropriate  playing area | Observation of practical activities |
| * To show basic skills of running, throwing, and jumping. * To improve co-ordination in the basic running activities. * To show an effective over arm throwing action. | 3.3. **Athletics**: consider the preschool children age, mental and physical developments  3.3.1. Running  3.3.2. Throwing  3.3.3. Jumping | 50 min  50 min  50 min | * individual work * Trip and Field * Demonstration and Practical work * Explanation | * Safe and appropriate playing area * Small size of balls use for teaching throwing * Jumping ground | Observation of practical activities |
| * To improve the strength of muscles of upper and lower body parts * To use hand/eye/foot co-ordination at the game. | **3.4. Creating Small games**  For example:   * Collect as many balls as possible * Put bean bags or balls into basket * Throw and catch the ball | 50 min  50 min  50 min | * Practical * individual work * Team work * Demonstration * Explanation | * Safe and appropriate playing area * Small size of ball/bean-bag use for teaching throwing | Observation of practical activities |
| * To play basic techniques of different ball games * To apply movements for strength, coordination, motor skills * To throw balls straight upward. * Explain the difference between volleying and passing activities in volley ball * To follow path of a ball * To improve the timing of the catch. * To improve the way to help or assist each other. * To improve the sense or feeling of competition * To improve sense of playing team games * To identify the values and importance of team games | **3.5.Team games** : consider the preschool children age, mental and physical developments and use soft balls which no danger for children  **3.5.1. Basic Techniques of volleybal**l   * Volley: working individually, working in pairs * Passing: working individually, working in pairs   **3.5.2. Basic Techniques of football:**   * Kicking the ball with any part of the foot: working Individually, working in pairs * Dribbling the ball with any part of the foot: working Individually,   3.5.3. Basic techniques of basketball:   * Passing: working individually, working in pairs * Dribbling the ball : working individually   3.5.4. Basic Techniques of handball:   * Catching the ball * Throwing the ball | 1:40hrs  1:40hrs  1:40hrs  1:40hrs | Discussion  Explanation  Practical  individual work  Team work  Demonstration  Explanation  Explanation and Demonstration | Balls with different size and colour   * Safe and appropriate playing area * net/rope * volley ball, it may be plastic or normal ball * Goal post * Football, it may be plastic or normal ball * Basket/board * Basketball, it may be plastic or normal ball * Goal post Handball, it may be plastic or normal ball | Observation of practical activities  Observation  observation |

**References/Recommended readings**

* E.T.Kodzi(1992):**Teaching Physical Education**
* Marjories Sutcliffe(1993):**Physical Education Activities**
* George Graham,Shirley Ann Holt/Hale,MelissaParker,Fifth edition(2001):**Children Moving: A reflective approach to teaching Physical Education.**
* Victor P. Dauer, Robert P.Pangrazi,Nineth Edition(1986): **Dynamic physical education for elementary school children.**
* Verna Stassevitch, Patricia Stemmler, Rita Shotwell, Marian Wirth(1998):**Ready-to-use Activities for Before and After School Programs**

**4. *Unit Four: Teaching Physical education in preschool (2:30 hours)***

*Unit Outcome*

At the end of this unit trainees will be able to:

* Understand importance of teaching physical education for children
* Understand the methods of teaching physical education in preschools.
* Know the content of physical education curriculum in preschools.
* Plan physical education lessons.
* Show interest to involve in different games.

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| **Specific objectives** | **Content** | **Time** | **Teaching methods** | **Instructional Materials** | **Assessment and Evaluation** |
| * To describe the procedure of teaching physical education in preschools | 4.1**.procedural consideration of teaching physical education**   1. Basic movements(walking, running, throwing and jumping) 2. Simple Gymnastics 3. Games (individual and team Games) 4. Minor and cultural games 5. Athletics ( Running, Throwing, Jumping) | 50min | * Practical activities * Explanation * Discussion * Group work | * Small balls * Chart * Flip chart * Practical resources | * Questions * Observation * Project work |
| * Describe methods of teaching physical education in preschool | **4.2 Techniques used in teaching physical education in preschool**   * Explanation * Demonstration * Play * Game * Music * Group work * Pyramiding * Teaching by Station | 50min | * Practical activities * Explanation * Discussion * Teaching by station | * Power point * Chart * Flip chart * Practical resources | * Oral questions * Observation * Class activity |
| * Define the meaning of planning * Write the procedures of physical education lesson plan in preschool | 4.3.Planning and implementing physical education lessons in preschool | 50 min | Demonstration Explanation  Discussion  Group work  Individual work | Power point  Chart  Flip chart  Lesson plan formats | Questions |

**References/Recommended readings**

* E.T.Kodzi(1992):**Teaching Physical Education**
* Deborah A.Wuest,Bennet J.Lombardo (1995) **Curriculum and instruction of Physical Education**
* George Graham,Shirley Ann Holt/Hale,Melissa Parker,Fifth edition(2001):**Children Moving: A reflective approach to teaching Physical Education.**
* Masser, L. (1990): **Teaching for affective learning in elementary physical education.**
* Holt/Hale, S.A. (2001). **On the Move: Lesson plans to accompany Children Moving.**

**Assessment strategies**

1. **Continuous assessment**

* Assess individual work/practice
* Assess group work/practice
* Class activity
* Written test
* Quiz
* Project work
* Home work
* Observation of practical activities
* Written example of planning
* Demonstration

1. **Final exam written or practice**