



Health and Physical Education

Syllabus for covering of Essential Learning Areas

Grade 11

Second Term

Health and Physical Education Unit

Faculty of Science and Technology

National Institute of Education

Sri Lanka

nie.lk

Implementation of syllabus to cover Essential Learning Areas

Introduction

The implementation of the health and physical education syllabus is planned as follows, taking into consideration the circular number E/09/12/06/05/01-2022 (sub1) of the Ministry of Education regarding the coverage of the school activities lost by the students due to the current crisis situation in Sri Lanka.

According to the said circular, Twenty eight periods have been proposed in the health and physical education syllabus for grade 11 second school term. The essential learning skills related to the second term are included in the content which is about sixty percent (19 periods) of the introduced syllabus. For the second term, the in-school learning process is limited to three days only per week and the proposed syllabus should guide home based learning from subject content that cannot be implemented during school time. For that, you should combine different methods such as projects, assignments, survey, creations etc. with the subject content and present it to the students.

Through this, you will be guided to build the subject skills in children by achieving the objective of the health and physical education subject, which was hampered due to the lack of learning and teaching process during the time when the schools were closed. According to the existing situation, the learning and teaching process should be planned so that the physical, mental and social skills of the children are developed. Also, guidelines should be made to learn in a fun way so that the children have mental stimulation.

By doing so, you will be able to reach the objectives of the subject more successfully to the children and it will be your responsibility.

Recovery Plan for Learning Loss – 2022

Grade 11

(This plan is designed to sustain the teaching learning process for 19 periods in the second term of Grade 11)

Competency	Competency Level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
Selected Learning Outcomes and Lessons from Grade 11 - 2nd term						
3.0 Exhibits correct postures to lead a healthy life	3.2 Manipulates the body and equipment in accordance with the principles of Bio-Mechanics to ensure a health life	<ul style="list-style-type: none"> • Gets accustomed to handle equipment properly 	<ul style="list-style-type: none"> • Pushing and pulling equipment • Raising and lowering equipment 	3.2	3. Let us identify principles of biomechanics to maintain correct postures	02
4.0. Spends leisure effectively through the involvement in sports and outdoor activities	4.4. Enjoys Outdoor activities	<ul style="list-style-type: none"> • Makes plans for outdoor activities • Enjoys engaging in outdoor activities 	<ul style="list-style-type: none"> • Outdoor activities • Mountain climbing • Jungle exploration • Jungle craft 	4.4	8. Let us engage in outdoor activities	01
5.0.Utilizes the specific abilities developed	5.1. Conforms to rules and regulations in	<ul style="list-style-type: none"> • Explains the general rules of athletics 	<ul style="list-style-type: none"> • Athletics • Rules and regulations 	5.1	9. Let us learn about running	03

Competency	Competency Level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
through participation in athletics for the tasks of life	performing daily tasks				events in athletics	
	5.2 Uses running for the effective performance of daily tasks	<ul style="list-style-type: none"> • Runs short distance following the appropriate techniques • Engages in running exercises • Runs long distance following the appropriate technique 	<ul style="list-style-type: none"> • Running <ul style="list-style-type: none"> • Short distance running exercises <ul style="list-style-type: none"> • Start • Techniques • Long distance running <ul style="list-style-type: none"> • Start • Techniques 	5.2		03
	5.3. Applies skills of hurdle running where necessary for the efficient performance of daily tasks	<ul style="list-style-type: none"> • Exhibits Hurdle running 	<ul style="list-style-type: none"> • Hurdles • Training exercises 	5.3		01
6.0 Acts socially in conformity with the rules, regulations and	6.1. Performs socially through contributing for the management	<ul style="list-style-type: none"> • Explains the functions and duties of a 	<ul style="list-style-type: none"> • Sports Organization structure <ul style="list-style-type: none"> • Managers • Followers 	6.1	10. Let us cooperate with management	02

Competency	Competency Level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
ethics of sports	conforming to rules, regulations and ethics of Sports	Manager and the follower <ul style="list-style-type: none"> • Lists the qualities of a sports manager • Contributes to organize sports activities in school 	<ul style="list-style-type: none"> • Qualities of sports managers and followers • Tasks in sports Organization in the school as a sports manager <ul style="list-style-type: none"> • Resource management • Physical Fitness Programmes • Inter House sports competitions • Sports training activities • Sports/Physical education day • Outdoor activities • Other Sports competitions • Sports clubs 		and organizing through sports	

Competency	Competency Level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
	6.2 Acts Socially in the Management of Schools inter house sports meet	<ul style="list-style-type: none"> Assists in the organization of inter house games competitions according to the knock- out method 	<ul style="list-style-type: none"> Organizing inter house sports meet Organizing Tournaments <ul style="list-style-type: none"> Knockout system League system 	6.2		03
7.0 Consumes foodsuitable for a Healthy life	7.1Consumes food safeguarding thenutritious valuesfor a Healthy life	<ul style="list-style-type: none"> Names instances where nutritious values are affected Explains the fators affecting food safety States the agents responsible for food poisoning Selects Food 	<ul style="list-style-type: none"> Hygienic conditions of food Factors that influence on the hygienic condition of food. <ul style="list-style-type: none"> Biological factors Physical factors Chemical factors Food poisoning <ul style="list-style-type: none"> Agents responsible for foodpoisoning <ul style="list-style-type: none"> Bacteria Toxins 	7.1	11. Let us consume nutritious food for a healthy life	02

Competency	Competency Level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
	7.2 Consumes healthy food for a healthy life	<p>carefully</p> <ul style="list-style-type: none"> • Suggests opinions while accepting the need of selecting suitable food for consumption • Lists the facts to be considered when selecting food • Gives opinions while accepting that food should 	<ul style="list-style-type: none"> • Chemical substances • Acting to prevent food poisoning • Allergy • Selection of food fit for consumption <ul style="list-style-type: none"> • Natural food • Processed Food • Instant food • Facts to be considered while identifying food suitable for consumption <ul style="list-style-type: none"> • Composition of components • SLS Symbol • Date of expiry • Date of manufacture 	7.2		02

Competency	Competency Level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
		be selected with responsibility	<ul style="list-style-type: none"> • Outward appearance • Smell • Nutritious value 			
Total						19