



# **Health and Physical Education**

**Syllabus for covering of Essential Learning Areas**

## **Grade 10**

**First Term**

**(Till 2022.09 07)**

**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, the first school term will be operational till 2022.09.07. Twenty one periods have been proposed in the health and physical education syllabus for grade 10. In relation to those periods, information has been revealed that about 75 percent of the syllabus has been covered during the period of school operation until 2022.07.02.

The essential learning skills related to the first term are included in the content which is about sixty percent (13 periods) of the introduced syllabus. For the first term, the in-school learning process is limited to three days only 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 10

(This plan is designed to sustain the teaching learning process for thirteen periods in the first term of Grade 10)

Competency	Competency level	Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the textbook	Time period
<b>Selected Learning Outcomes and Lessons from Grade 10 -Term One</b>						
<b>1.0 Contributes to the building up of a Healthy Society</b>	1.1. Maintains the quality of life through the development of a good pattern of life	<ul style="list-style-type: none"> <li>• Explains the life patterns suitable to maintain total Health.</li> <li>• Exhibits readiness to maintain total health.</li> </ul>	<ul style="list-style-type: none"> <li>• Concept of total health</li> <li>• Importance of Physical education for total health</li> <li>· Life patterns suitable to maintain total health.                             <ul style="list-style-type: none"> <li>· Adopting healthy food habits</li> <li>· Active life style and exercising.</li> <li>· Minimizing mental stress.</li> <li>· Avoiding alcohol, drugs and smoking</li> </ul> </li> <li>· Responsible accepted behaviour.</li> </ul> <p>Challenges to current health conditions.</p> <ul style="list-style-type: none"> <li>· An extremely competitive life style.</li> <li>· Socio-economic conditions</li> </ul>	1.1	1. Let us build a healthy society	03
					<ul style="list-style-type: none"> <li>• Facing challenges for maintaining total health</li> </ul>	

			<ul style="list-style-type: none"> <li>• Problems pertaining to education •</li> <li>Population density</li> <li>• Adverse effects of tourists the tourists trade.</li> <li>• Effects of media</li> <li>• External &amp; internal migration.</li> <li>• Being displaced</li> <li>• Harmful sexual behaviour</li> <li>• Changes in the institution of the family</li> <li>• Problems in health services</li> <li>• Diseases</li> <li>• War situations</li> <li>• Break down of good inter personal relationships.</li> <li>• Concept of the global village</li> <li>• Adverse effects of technology.</li> </ul> <p>Facing challenges</p>			
<b>2.0. Fulfills Human needs for a Healthy</b>	2.1. Identifies the needs of early	<ul style="list-style-type: none"> <li>• Lists the stages of early childhood</li> </ul>	<p>Introduction</p> <ul style="list-style-type: none"> <li>• Main stages of early childhood (ECCD)</li> <li>• Prenatal stage</li> </ul>	2.1	<ul style="list-style-type: none"> <li>• Let us learn developme</li> </ul>	02

<p><b>life</b></p>	<p>childhood and acts accordingly</p>	<p><input type="checkbox"/> Exhibits preparedness to fulfil the special needs of relevant stages</p>	<ul style="list-style-type: none"> <li>• Neonatal stage - 0-1 (months)</li> <li>• Infant stage - 0-1 Years</li> <li>• Early childhood - 1-5 Years</li> <li>• Post Childhood - 6-10 Years</li> </ul> <ul style="list-style-type: none"> <li>• Special needs at these stages and importance of fulfilling them <ul style="list-style-type: none"> <li>• Physical</li> <li>• Psycho-social</li> </ul> </li> </ul>		<p>nt through childhood</p> <ul style="list-style-type: none"> <li>• Main stages of early childhood (ECCD)</li> <li>• Prenatal stage</li> <li>• Neonatal stage - 0-1 (months)</li> </ul>	
<p><b>3.0 Exhibits correct postures to lead a healthy life</b></p>	<p>3.1.Exhibits correct postures understanding the principles of Bio-mechanics.</p>	<ul style="list-style-type: none"> <li>• explains the effect of biomechanical principles on posture</li> </ul> <p><input type="checkbox"/> maintains postures according to the principles of Bio–mechanics</p> <p><input type="checkbox"/> Maintains posture effectively by following the</p>	<ul style="list-style-type: none"> <li>• Basic biomechanical principles effect on posture <ul style="list-style-type: none"> <li>-Centre of gravity</li> <li>-Balance</li> </ul> </li> </ul> <p><input type="checkbox"/> Maintaining posture according to the principles of Bio- mechanics.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Static posture <ul style="list-style-type: none"> <li>• Standing</li> <li>• Sitting</li> <li>• Lying</li> </ul> </li> </ul> <p><input type="checkbox"/> Maintaining balance and centre of gravity, its static postures during sports activities</p>	<p>3.1</p>	<p>3. Let us maintain correct posture</p>	<p>03</p>

		basis of Bio- mechanics				
<b>4.0 Spends leisure effectively through the involvement in sports and outdoor activities</b>	4.1. plays volleyball by spiking and blocking correctly	<ul style="list-style-type: none"> <li>Plays volleyball by spiking the ball correctly</li> <li>Plays volleyball by blocking the ball correctly</li> </ul>	<ul style="list-style-type: none"> <li>Volleyball <ul style="list-style-type: none"> <li>Spiking</li> <li>Blocking</li> </ul> </li> </ul>	4.1	4. Let us learn about sports and outdoor activities	02
	5.1. studies the events of athletics in detail	<ul style="list-style-type: none"> <li>Categorizes athletic events</li> </ul>	<ul style="list-style-type: none"> <li>Introducing athletics <ul style="list-style-type: none"> <li>Classification of athletic events</li> <li>Track and field</li> <li>Race walking</li> <li>Road race</li> <li>Cross country race</li> <li>Mountain running</li> </ul> </li> </ul>	5.1	5. Let us learn about athletics	01
	5.2. demonstrates correct race walking skills	<ul style="list-style-type: none"> <li>Exhibits ability of correct race walking</li> </ul>	<ul style="list-style-type: none"> <li>Race walking <ul style="list-style-type: none"> <li>Techniques</li> <li>Rules and regulations</li> </ul> </li> </ul>	5.2	<ul style="list-style-type: none"> <li>Race walking</li> </ul>	01
	10.1. Identifies accidents and disasters and faces them successfully.		<ul style="list-style-type: none"> <li>Influence of the challenging conditions on wellbeing. <ul style="list-style-type: none"> <li>Minimization</li> <li>Prevention</li> <li>First aid</li> </ul> </li> </ul>	10.1	10. Let us overcome challenges confronted in life	01

			•Student contributions in facing disasters and accidents			
<b>Total</b>						<b>13</b>