



Health and Physical Education



Implementation of the recovery plan to address the learning loss due to Covid 19 pandemic

Grade 07

2021.10.25 to 2022.03.31

**Health and Physical Education Unit
Faculty Science and Technology
National Institute of Education
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Introduction

The recovery plan for Health and Physical Education is introduced by considering the time allocated for Grades 6-11, as per the circular No. ED 01/12/06/15/01 issued by the Ministry of Education regarding the coverage Learning loss due to the COVID 19 pandemic. The work is planned as follows

This is a 100 day special programme that will be implemented from 25th October 2021 to 31st March 2022 to cover the learning loss resulted by Covid 19 pandemic during the years 2020 and 2021

The number of periods allocated in the recovery plan for each grade is decided considering the total number of periods allocated for Health and Physical Education. Hence the number of the periods will be 40 for 6-9 grades and 60 for 10-11 grades

All the 40 recommended Competency levels for Grade 06 have been selected from the same grade as per the syllabus. For the other grades, 50 periods are suggested from the competency levels relevant to the syllabus of the same grade and 50 periods of the syllabus relevant to the previous grade.

This plan will guide the teachers to conduct the teaching learning process successfully to achieve the objectives of the subject, Health and physical education.

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Suggested Health and Physical Educaion syllabus summery for Grade 7

Grade 6			Grade 7		
Competency	Competency Level	Period/s	Competency	Comp. Level	Period/s
5.0 Applies specific abilities developed through athletics to the task of life	5.1 Utilizes correct walking style for the tasks of life	01	1.0 Contributes to the building up of a Healthy Society	1.1. Contributes to the promotion of Health in the family	03
	5.2 Utilizes the basic abilities of running for the tasks of life.	01			
	5.3 Utilizes the basic abilities of jumping for the tasks of life.	01			
	5.4 Utilizes the basic abilities of throwing for the tasks of life	02			
6.0 Acts socially in conformity with rules, regulations and ethics of sports	6.1 developed in sports to the tasks of life	01	3.0 Demonstrates correct posture to ensure a healthy life	3.1 Leads a healthy life exhibiting correct postures	02

<p>8.0 Conforms to an efficient life style by maintaining wonder of the body</p>	<p>8.1 Maintains the wonder of the body for the efficient performance of daily tasks</p> <p>8.2 Protects the wonders of the organs of the body for wellbeing</p> <p>8.3 Leads an efficient life through the use of one's abilities</p>	<p>01</p> <p>01</p> <p>01</p>	<p>4.0 Spends leisure effectively through the involvement in sports and out- door activities</p>	<p>4.1 Derives enjoyment by engaging in rural games</p> <p>4.2 Derives enjoyment in volley ball through correct serving and receiving.</p> <p>4.3 Derives enjoyment in netball through maintaining foot movements correctly</p> <p>4.4 Derives enjoyment in football by controlling the ball correctly</p>	<p>01</p> <p>01</p> <p>01</p> <p>01</p>
<p>9.0 Acts to maintain fitness to lead a healthy life</p>	<p>9.1 Studies physical fitness</p> <p>9.2 Maintains physical fitness through rhythmic activities</p> <p>9.3 Tests physical fitness factors and acts to maintain them</p>	<p>01</p> <p>01</p> <p>03</p>	<p>6.0 Acts socially in conformity with rules, regulations and ethics of sports</p>	<p>6.1 Utilizes the qualities developed in sports to the tasks of life</p>	<p>01</p>

	9.4 Maintains emotional balance for the sake of psycho- social well-being	02			
10.0 Leads a happy life successfully facing the issues of daily life	10.1 Provides priority to minimize diseases through health promotion.	02	7.0 Consumes food suitable for a Healthy life	7.1 Maintains good health through consuming nutritious food	03
	10.2 Identifies and successfully faces challenges encountered in daily life.	02			
			9.0 Acts to maintain fitness to lead a healthy life	9.1 Studies physical fitness	01
				9.2 Maintains physical fitness through rhythmic activities	02
			10.0 Leads a happy life successfully facing the issues of daily life	10.1 Provides priority to minimize diseases through health promotion.	02
				10.2 Identifies and successfully faces challenges encountered in daily life	02
Total		20			20

Suggested Health and Physical Educaion syllabus for Grade 7 (Essential competencies from grade 06)

Competency	Competency Level	Subject Content	Learning Outcomes	Period/s
5.0 Applies specific abilities developed through athletics to the task of life	5.1 Utilizes correct walking style for the tasks of life	<ul style="list-style-type: none"> • Correct walking <ul style="list-style-type: none"> • Arm movement • Positioning the trunk • Making strides 	<ul style="list-style-type: none"> • Familiarizes with correct walking 	01
	5.2 Utilizes the basic abilities of running for the tasks of life.	<ul style="list-style-type: none"> • Correct running <ul style="list-style-type: none"> • Arm movement • Positioning the trunk • Functions of the legs 	<ul style="list-style-type: none"> • Familiarizes with correct running • Acts accordingly understanding the difference between walking and running 	01
	5.3 Utilizes the basic abilities of jumping for the tasks of life.	<ul style="list-style-type: none"> • Jumping <ul style="list-style-type: none"> • Takeoff and landing • With one leg • With both legs 	<ul style="list-style-type: none"> • Minimizes accidents by jumping correctly. 	01
	5.4 Utilizes the basic abilities of throwing for the tasks of life.	<ul style="list-style-type: none"> • Throwing <ul style="list-style-type: none"> • Throwing to the front of the body • Throwing sideways of the body • Throwing over the body • Throwing substitute equipment <ul style="list-style-type: none"> • Soft balls • Bean bags 	<ul style="list-style-type: none"> • Familiarizes with correct throwing by the use of substitute equipment • Works efficiently through the use of correct posture 	02

		<ul style="list-style-type: none"> • Rings • Other suitable objects 		
6.0 Acts socially in conformity with rules, regulations and ethics of sports	6.1 developed in sports to the tasks of life	<ul style="list-style-type: none"> • Rules regulations and ethics of sports <ul style="list-style-type: none"> • Importance of rules, regulations and ethics. • Enthusiastic participation • The dignity of sports • Development of personal qualities • Minimal accidents • Rights of the players • Problem solving • Genuine victory • Student's responsibilities <ul style="list-style-type: none"> • Respecting and following rules regulations and ethics • Taking the messages of rules regulations and ethics to the society 	<ul style="list-style-type: none"> • Participates in sports respecting rules and regulations • Utilizes sports qualities in daily life • Contributes to taking the message of rules, regulations and ethics of sports to the community. 	01
8.0 Conforms to an efficient life style by maintaining wonder of the body	8.1 Maintains the wonder of the body for the efficient performance of daily tasks	<ul style="list-style-type: none"> • That I have life <ul style="list-style-type: none"> • Wonderful information of the body • Happenings while running, Jumping and throwing 	<ul style="list-style-type: none"> • Conforms the existence of life through activities • Explains the changes that occur during activities 	01
	8.2 Protects the wonders of the organs of the body for wellbeing	<ul style="list-style-type: none"> • Eyes, ears, nose, tongue, skin, teeth, nails, and hair 	<ul style="list-style-type: none"> • Exhibits preparedness to follow correct practices to maintain wonder of the body 	01

	8.3 Leads an efficient life through the use of one's abilities	<ul style="list-style-type: none"> • Practices to be followed to protect and maintain the wonders • Development of physical, mental and social qualities 	<ul style="list-style-type: none"> • Explains wonder full functions of the body • Exhibits preparedness to protect the wonder of the body • Acts to develop physical, mental and social fitness 	01
9.0 Acts to maintain fitness to lead a healthy life	9.1 Studies physical fitness	<ul style="list-style-type: none"> • Introduction of fitness <ul style="list-style-type: none"> • Physical fitness • Mental fitness • Social fitness • Importance of fitness <ul style="list-style-type: none"> • For good health • For efficiency • To socialize • For sports activities • Mental satisfaction • Personality development 	<ul style="list-style-type: none"> • Explains the importance of fitness 	01
	9.2 Maintains physical fitness through rhythmic activities	<ul style="list-style-type: none"> • Rhythm <ul style="list-style-type: none"> • Needs • Activities 	<ul style="list-style-type: none"> • Encourages activities that are done to develop a rhythm 	01
	9.3 Tests physical fitness factors and acts to maintain them	<ul style="list-style-type: none"> • Physical fitness tests <ul style="list-style-type: none"> • Endurance • Flexibility 	<ul style="list-style-type: none"> • Measures fitness through participating in fitness tests 	03

	<p>9.4 Maintains emotional balance for the sake of psycho- social well-being</p>	<ul style="list-style-type: none"> • Co-ordination • Strength • Speed • Factors that influence emotional balance <ul style="list-style-type: none"> • Situations • Ways of understanding situations • Personality • Others behaviour • Importance of maintaining emotional balance • Well-being of human beings <ul style="list-style-type: none"> • Minimizing conflicts • Acceptance by others • Minimizing of problems • Not being aggressive • Controlling feelings • Optimistic • Happiness • Methods of maintaining emotional balance <ul style="list-style-type: none"> • Realistic • Cordial interpersonal • Relationships • Strategies to control emotions 	<ul style="list-style-type: none"> •Mentions the importance of emotional balance for well-being •Exhibits preparedness to manage emotions •Mentions the strategies that should be followed in order to manage emotional balance. • Engages in activities which develop fitness 	<p>02</p>
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		<ul style="list-style-type: none"> • Spending leisure joyfully • Having a free mind • Being broad minded • Minimizing stress 		
10.0 Leads a happy life successfully facing the issues of daily life	10.1 Provides priority to minimize diseases through health promotion.	<ul style="list-style-type: none"> • Diseases <ul style="list-style-type: none"> • Communicable and non-communicable diseases <ul style="list-style-type: none"> • Ways of spreading • Difficulties caused due to diseases • Curing diseases and methods of prevention <ul style="list-style-type: none"> • Personal hygiene • Correct life style • Environmental cleanliness • Immunization 	<ul style="list-style-type: none"> • Categorizes communicable and non-communicable diseases • Makes others aware on preventing diseases • Exhibits preparedness to avoid diseases 	02
	10.2 Identifies and successfully faces challenges encountered in daily life.	<ul style="list-style-type: none"> • Challenges that have to be faced in day to day life. <ul style="list-style-type: none"> • Accidents • Disasters • Abuse and misconduct • Expectations • Important competencies needed in order to face challenges successfully. <ul style="list-style-type: none"> • Awareness • Developing competencies 	<ul style="list-style-type: none"> • Exhibits preparedness to face challenges successfully • Explains the strategies to face challenges successfully • Expresses the personal skills needed to face challenges successfully • Develops necessary 	02

		<ul style="list-style-type: none">• Self awareness• Empathy• Communication• Interpersonal relationship• Emotional control• Facing stress• Critical thinking• Creative thinking• Responsible decision making• Problem solving		
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Suggested Health and Physical Educaion syllabus for Grade 7

Competency	Comp. Level	Subject Content	Learning Outcomes	Period/s
<p>1.0 Contributes to the building up of a Healthy Society</p>	<p>1.1 Contributes to the promotion of Health in the family</p>	<ul style="list-style-type: none"> • Concept of Health Promotion • Concept of Family Health promotion • Healthy family environment <ul style="list-style-type: none"> • Physical environment • Mental environment • Social environment • Physical environment <ul style="list-style-type: none"> • Access to clean air • Being free of sound pollution • Clean water facilities • Being free of the danger of accidents • Clean surroundings • Sanitation facilities • Adequate space • Consuming healthy food • Mental environment <ul style="list-style-type: none"> • Being free from f bullying • Being free of stress • Spending leisure effectively • Love security and attention • Opportunities for education <p>Social environment</p> <ul style="list-style-type: none"> • Interpersonal relationship 	<ul style="list-style-type: none"> • Explains the concept of Family Health • Charts the characteristics of a healthy environment • Lists the characteristics of Physical, Mental and Social environment 	<p align="center">03</p>

		<ul style="list-style-type: none"> • Duties and responsibilities • Working in groups 		
3.0 Demonstrates correct posture to ensure a healthy life	3.1 Leads a healthy life exhibiting correct postures	<ul style="list-style-type: none"> • Different sitting postures • Sitting in a chair • Walking • Lying 	<ul style="list-style-type: none"> • Sits in different ways • Uses different types of sitting postures in daily life • Lists the advantages of correct sitting posture • Lists the disadvantages of incorrect sitting posture • Explains the factors affecting incorrect posture • Involves in various activities related to walking • Uses various methods of walking postures in daily life • Explains different lying postures • Uses various types of lying postures in daily life 	02
4.0 Spends leisure effectively through the involvement in sports and out- door activities	4.1. Derives enjoyment by engaging in rural games	<ul style="list-style-type: none"> • Folk games • Without and with equipment • Pairs/Groups • Engagement in the game 	<ul style="list-style-type: none"> • Gets involved in folk games for pleasure 	01

	<p>4.2. Derives enjoyment in volley ball through correct serving and receiving.</p>	<p>Skills in volley ball</p> <ul style="list-style-type: none"> • Under arm service • Under arm receiving <p>Training exercises</p>	<ul style="list-style-type: none"> • Gets involved in activities related to serving and receiving in volley ball 	<p>01</p>
	<p>4.3 Derives enjoyment in netball through maintaining foot movements correctly</p>	<p>Skills in Netball</p> <ul style="list-style-type: none"> • Foot work • Training exercise 	<ul style="list-style-type: none"> • Derives enjoyment through participating in activities • Engages in activities related to foot work in Netball 	<p>01</p>
	<p>4.4 Derives enjoyment in football by controlling the ball correctly</p>	<p>Skills in Football</p> <ul style="list-style-type: none"> • Kicking the ball • Kicking with the inside of the foot • Kicking with the front of the foot (instep) • Ball controlling • Stopping with the inside of the foot • Stopping with the surface of the foot • Stopping with the sole of the foot 	<ul style="list-style-type: none"> • Engages in activities related to kicking and controlling the ball in Football • Enjoys participation in activities 	<p>01</p>

<p>6.0 Acts socially in conformity with rules, regulations and ethics of sports</p>	<p>6.1 Utilizes the qualities developed in sports to the tasks of life</p>	<ul style="list-style-type: none"> • Rules and regulations of sports and social relationships • Importance of adherence to rules and ethics. <ul style="list-style-type: none"> • To one's own self • To one's family • To one's School • To society • One's social contribution and responsibility with regard to rules and regulations in sports and ethics. • Respecting Judgment • Conforming with rules and regulations • Encouraging others to conform to rules and regulations 	<ul style="list-style-type: none"> • Expresses the need for rules and regulations along with discipline • Accepts the necessity of respecting judgments and gives opinion in that regard • Exhibits preparedness to work conforming with rules and regulations 	<p>01</p>
<p>7.0 Consumes food suitable for a Healthy life</p>	<p>7.1 Maintains good health through consuming nutritious food</p>	<ul style="list-style-type: none"> • What a meal should contain <ul style="list-style-type: none"> • Macro nutrients (main nutrients) • Carbohydrates • Fats and Lipids • Proteins • Micro nutrients. • Vitamins • Minerals • Water • Food Pyramid • Preparation of a Healthy meal • Identifying food that is not nutritious 	<ul style="list-style-type: none"> • Lists the nutrients that should be contained in a meal • Categorizes nutrients into macro and micro nutrients • Explains one's preference to nutritious food • Appreciates the traditional diet 	<p>03</p>

		<ul style="list-style-type: none"> • The importance of the traditional diet • One's contribution to nutritious food 	<ul style="list-style-type: none"> • Exhibits preparedness to consume nutritious food 	
9.0 Acts to maintain fitness to lead a healthy life	9.1 Studies physical fitness	<ul style="list-style-type: none"> • Fitness Factors <ul style="list-style-type: none"> • Endurance • Flexibility • Strength • Speed • Co-ordination 	<ul style="list-style-type: none"> • Explains fitness factors related to health 	01
	9.2 Maintains physical fitness through rhythmic activities	<ul style="list-style-type: none"> • Normal Activities <ul style="list-style-type: none"> • Running • Jumping • Throwing 	<ul style="list-style-type: none"> • Engages in activities which develop fitness 	02
10.0 Leads a happy life successfully facing the issues of daily life	10.1 Provides priority to minimize diseases through health promotion.	<ul style="list-style-type: none"> • Structure and functions of the reproductive system • Main changes during adolescence <ul style="list-style-type: none"> • Physical changes • Mental changes • Social changes • Facing these challenges successfully • Understanding life as it is • Personal hygiene related to the reproductive system 	<ul style="list-style-type: none"> • Lists the changes that occur during adolescence • Explains the importance of preparedness to face the changes successfully • Explains the factors influencing reproductive health 	02

	<p>10.2 Identifies and successfully faces challenges encountered in daily life.</p>	<ul style="list-style-type: none"> • Factors that affect reproductive health <ul style="list-style-type: none"> • Health behavior • Hormones • Introduction of communicable and non-communicable diseases • Reasons for contagious diseases • Main Non – contagious diseases <ul style="list-style-type: none"> • Diabetes • Hypertension • Cancer • Paralysis (Strokes) • Heart diseases • Mental diseases • Other non- communicable diseases • Thalassemia –a genetic disorder • Kidney diseases • Factors that influence non – communicable diseases • Factors that can be avoided 	<ul style="list-style-type: none"> • Obtains basic knowledge on the main non-communicable diseases • Defines communicable and non- communicable diseases • Acts to avert communicable and non-communicable diseases. 	<p>02</p>
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