



Health and Physical Education



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

Grade 06

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 summary for Grade 6		
Competency	Comp. Level	Period/s
1.0 Contributes to the building up of a healthy society.	1.1 Acts to maintain personal health	04
2.0 Fulfills human needs for a healthy life.	2.1 Conforms to a life style understanding the needs of human beings.	01
	2.2 Leads a healthy life balancing needs and desires.	01
3.0 Demonstrates correct postures to ensure a healthy life.	3.1 Displays the factors that affect physical appearance	01
	3.2 Maintains physical appearance by exhibiting correct posture.	01
4.0 Spends leisure effectively through involvement in sports and outdoor activities.	4.1 Investigates sports activities	01
	4.2 Participates in minor games to gain pleasure and satisfaction	01
	4.3 Gets involved in volleyball for pleasure and satisfaction	02
	4.4 Gets involved in netball for pleasure and satisfaction.	02
	4.5 Gets involved in Football for pleasure and satisfaction.	02

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
	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 Conforms socially to the rules and ethics of sports.	6.1 Utilizes the qualities developed in sports for the tasks of life	01
7.0 Consumes suitable food for a healthy life.	7.1 Identifies the need of healthy food and acts accordingly	03
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	01
	8.2 Protects the wonders of the organs of the body for wellbeing	02
9.0 Acts to maintain physical fitness for a healthy life	9.1 Studies physical fitness	01
	9.2 Maintains physical fitness through rhythmic activities	01
	9.3 Tests physical fitness factors and acts to maintain them	04

10.0 Leads a happy life, successfully facing the challenges of day to day life	10.1 Provides priority to minimize diseases through health promotion.	03
	10.2 Identifies and successfully faces challenges encountered in daily life.	03
Total		40

Suggested Health and Physical Educaion syllabus for Grade 6

Competency	Comp. Level	Content	Learning Outcome	Period/s
2.0 Contributes to the building up of a healthy society.	1.1 Acts to maintain personal health	<ul style="list-style-type: none"> • Health Concepts <ul style="list-style-type: none"> • Introduction <ul style="list-style-type: none"> • Physical wellbeing • Mental wellbeing • Social wellbeing • Qualities of proper physical wellbeing <ul style="list-style-type: none"> • Nutrient level • Correct level of waist • Body mass index (BMI) • Right proportion to Age • Physical fitness • Ability to resist diseases • Pleasant appearance • Activeness • Practices to be followed for physical wellbeing <ul style="list-style-type: none"> • Access to clean air • Water, Sanitation and Personal Hygiene (WASH) • obtaining healthy food • participation in Sports and Exercises • Obtaining adequate amounts of rest and sleep 	<ul style="list-style-type: none"> • Explains the domains of Health concept • Lists the criteria of proper physical wellbeing. • Lists the correct practices to be followed for proper wellbeing. • Exhibits preparedness to follow correct practices. • Explains - the qualities of 	04

		<ul style="list-style-type: none"> • Living in a healthy environment • Qualities of mental wellbeing <ul style="list-style-type: none"> • Taking correct decisions • Creativity • Being happy • Facing challenges successfully • Self- respect • Self-Understanding • Emotional balance • Critical thinking • Problem solving • Facing stress • Practices to be followed for mental wellbeing. <ul style="list-style-type: none"> • Meditating • Participating in sports and games • Involving in recreational activities. • Time management • Obtaining counseling services • Simple lifestyle • Qualities of social wellbeing. <ul style="list-style-type: none"> • Cordial interpersonal relationships. • Communication skills 	<p>mental wellbeing</p> <ul style="list-style-type: none"> • Exhibits preparedness to follow correct practices for mental wellbeing • Explains the qualities of social wellbeing • Exhibits preparedness to follow correct practices for social wellbeing 	
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		<ul style="list-style-type: none"> • Flexibility • Empathy • Leadership • Fellowship • The importance of working according to rules and regulations. • Practices to be followed for social wellbeing. <ul style="list-style-type: none"> • Working as a group • Patience and flexibility • Respecting others • Accepting • Understanding the differences in people 		
2.0 Fulfills human needs for a healthy life.	2.1 Conforms to a life style understanding the needs of human beings.	<ul style="list-style-type: none"> • Human needs <ul style="list-style-type: none"> • Basic Needs <ul style="list-style-type: none"> • Air • Water • Food • Other needs <ul style="list-style-type: none"> • Shelter • Clothing • Safety • Love • Education • Exercise • Rest • Sleep 	<ul style="list-style-type: none"> • Explains basic needs • Exhibits the ability to fulfill other needs carefully. 	01

	2.2 Leads a healthy life balancing needs and desires.	<ul style="list-style-type: none"> • Recreation • Difference between needs and desires. • Importance of fulfilling needs. • Factors to be considered while fulfilling needs and desires. • Responsibilities and duties while fulfilling needs. • Social responsibilities 	<ul style="list-style-type: none"> • Explains the difference between needs and desires • Lists the responsibilities and duties while fulfilling needs 	01
3.0 Demonstrates correct postures to ensure a healthy life.	3.1 Displays the factors that affect physical appearance	<ul style="list-style-type: none"> • Factors that affect physical appearance. <ul style="list-style-type: none"> • Personal hygiene <ul style="list-style-type: none"> • Clothes and dress • Nails, hair, teeth and other parts 	<ul style="list-style-type: none"> • Lists the practices to be followed to maintain personal hygiene 	01
	3.2 Maintains physical appearance by exhibiting correct posture.	<ul style="list-style-type: none"> • Maintaining correct posture <ul style="list-style-type: none"> • Standing <ul style="list-style-type: none"> • Attention • Standing at ease • Stand ease 	<ul style="list-style-type: none"> • Exhibits correct posture • Explains the importance of correct posture to avoid inconveniences and diseases. 	01
4.0 Spends leisure effectively through involvement in sports and outdoor activities.	4.1 Investigates sports activities	<ul style="list-style-type: none"> • Sports <ul style="list-style-type: none"> • Introduction • Categorizing Sports • Need for Sports • Useful rest 	<ul style="list-style-type: none"> • Investigates sports activities 	01

	<p>4.2 Participates in minor games to gain pleasure and satisfaction</p> <p>4.3 Gets involved in volleyball for pleasure and satisfaction</p> <p>4.4 Gets involved in netball for pleasure and satisfaction.</p> <p>4.5 Gets involved in Football for pleasure and satisfaction.</p>	<ul style="list-style-type: none"> • Interpersonal relationship • Enjoyment and happiness • Fitness • Minor games • organized games <ul style="list-style-type: none"> • Volleyball <ul style="list-style-type: none"> • Introduction • Foot work • Familiarizing with equipment • Netball <ul style="list-style-type: none"> • Introduction • Foot work • Familiarizing with equipment • Football <ul style="list-style-type: none"> • Introduction • Foot work • Familiarizing with equipment 	<ul style="list-style-type: none"> • Participates in minor games to gain pleasure and satisfaction • Investigate about volley ball • Familiarizes with equipment and foot work in volleyball • Investigates about netball • Familiarizes with equipment's and foot work in netball • Investigates about football • Familiarizes with equipment and footwork in football 	<p>01</p> <p>02</p> <p>02</p> <p>02</p>
5.0 Applies specific abilities developed through athletics to the	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

task of life	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 • Rings • Other suitable objects 	<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
6.0 Conforms socially to the rules and ethics of sports.	6.1 Utilizes the qualities developed in sports for the tasks of life	<ul style="list-style-type: none"> • Rules, regulations and ethics of sports • Importance of rules, regulations and ethics. • Enthusiastic participation 	<ul style="list-style-type: none"> • Participates in sports respecting rules and regulations • Utilizes sports qualities in daily life 	01

		<ul style="list-style-type: none"> • 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"> • Contributes to taking the message of rules, regulations and ethics of sports to the community 	
7.0 Consumes suitable food for a healthy life.	7.1 Identifies the need of healthy food and acts accordingly	<ul style="list-style-type: none"> • Concept of healthy food <ul style="list-style-type: none"> • Varieties • Fresh • Natural • Clean • Nutritious • Sufficient amount • Need of healthy food to ensure wellbeing <ul style="list-style-type: none"> • For systematic growth • To produce energy • To protect the body • Problems of nutrition <ul style="list-style-type: none"> • Macro nutrients <ul style="list-style-type: none"> • Malnutrition • Under nutrition • Stunting 	<ul style="list-style-type: none"> • Investigates the concept of Healthy food • Explains the areas that should be considered while consuming healthy food • Explains the necessity of healthy food for wellbeing • Exhibits preparedness to consume Healthy food • Categorizes nutrition problems • Exhibits preparedness for solving nutrition problems • 	03

		<ul style="list-style-type: none"> • Wasting • Under weight • Over nutrition • Over weight • Obesity 		
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 <ul style="list-style-type: none"> • 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 • Exhibits preparedness to follow correct practices to maintain wonder of the body 	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 • Practices to be followed to protect and maintain the wonders 	<ul style="list-style-type: none"> • Explains wonder full functions of the body • Exhibits preparedness to protect the wonder of the body 	02
9.0 Acts to maintain physical fitness for 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 	<ul style="list-style-type: none"> • Explains the importance of fitness 	01

	<p>9.2 Maintains physical fitness through rhythmic activities</p> <p>9.3 Tests physical fitness factors and acts to maintain them</p>	<ul style="list-style-type: none"> • Personality development • Rhythm <ul style="list-style-type: none"> • Needs • Activities • Physical fitness tests <ul style="list-style-type: none"> • Endurance • Flexibility • Co-ordination • Strength • Speed 	<ul style="list-style-type: none"> • Encourages activities that are done to develop rhythm • Measures fitness through participating in fitness tests 	<p>01</p> <p>04</p>
<p>10.0 Leads a happy life, successfully facing the challenges of day to day life</p>	<p>10.1 Provides priority to minimize diseases through health promotion.</p> <p>10.2 Identifies and successfully faces challenges encountered in daily life.</p>	<ul style="list-style-type: none"> • Diseases <ul style="list-style-type: none"> • Communicable and non-communicable diseases • 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 • Challenges that have to be faced in day to day life. <ul style="list-style-type: none"> • Accidents • Disasters • Abuse and misconduct 	<ul style="list-style-type: none"> • Categorizes communicable and non-communicable diseases • Makes others aware on preventing diseases • Exhibits preparedness to avoid diseases • Exhibits preparedness to face challenges successfully • Explains the strategies to face challenges 	<p>03</p> <p>03</p>

		<ul style="list-style-type: none">• Expectations	<p>successfully</p> <ul style="list-style-type: none">• Expresses the personal skills needed to face changes successfully	
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