

# PHYSICAL EDUCATION

*Physical education* is more than a subject where you run, play sports or perform choreographies. **P.E. can help you lead a Healthy, Active Lifestyle.**

- 1) Most of us exercise just to stay fit and healthy, or just for fun.
- 2) Being healthy is more than just having a healthy body. Remember this definition of health – it's one used by World Health Organisation (WHO).

***HEALTH is a state of complete mental, physical and social well-being, and not just the absence of disease and infirmity.***

PHYSICAL WELL-BEING:	MENTAL WELL-BEING:	SOCIAL WELL-BEING:
<ol style="list-style-type: none"> <li>1) Your <u>heart</u>, <u>kidneys</u>, and the rest of your body are working well.</li> <li>2) You're not suffering from any <u>diseases</u> or <u>injuries</u>.</li> <li>3) You're not <u>physically weak</u> (<u>infirm</u>), so you can easily do everyday activities.</li> </ol>	<ol style="list-style-type: none"> <li>1) You don't have too much <u>stress</u> or <u>anxiety</u>.</li> <li>2) You're not suffering from any <u>mental illnesses</u>.</li> <li>3) You feel <u>content</u>.</li> </ol>	<ol style="list-style-type: none"> <li>1) You have <u>food</u>, <u>clothing</u> and <u>shelter</u>.</li> <li>2) You have <u>friends</u>.</li> <li>3) You believe you have some <u>worth</u> in society.</li> </ol>



## UNIT 2. PHYSICAL ACTIVITY AND HEALTH 1

As we saw before, Health has a very clear definition, which was first used by the World Health Organisation (WHO):

**HEALTH is a state of complete mental, physical and social well-being, and not just the absence of disease and infirmity.**

### FACTORS AFFECTING YOUR HEALTH

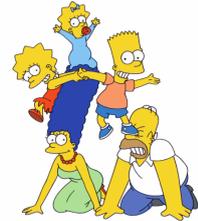
1) **USE AND ABUSE OF SUBSTANCES** - such as alcohol, tobacco, medicines and drugs.



2) **SEX EDUCATION** - personal relationships, responsible attitudes and appropriate behaviour.



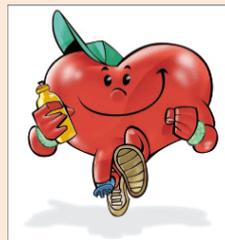
3) **FAMILY LIFE** - the contribution that living within a 'family' group can make to the development of attachments and concern and caring for others.



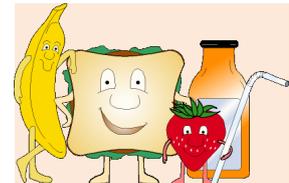
4) **SAFETY** - in different environments, at home, on the road, at school, at work, during leisure.



5) **HEALTH-RELATED EXERCISES.**



6) **NUTRITION** - the importance of a health diet, correct food preparation and handling rules.



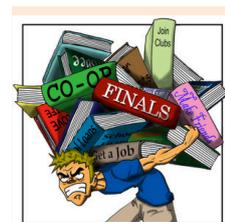
7) **PERSONAL HYGIENE** - cleanliness, avoiding disease.



8) **ENVIRONMENTAL ASPECTS.**



9) **PHYCOLOGICAL ASPECTS** - good mental health, avoidance of stress.



THESE FACTORS MAY AFFECT YOUR PHYSICAL, MENTAL AND SOCIAL WELL-BEING.

**HYGIENE means making sure you are clean and healthy, and have good personal habits, to stop the spread of germs.**

**GOOD PERSONAL HYGIENE INCLUDES:**

1 Self-esteem and confidence

2 Washing-yourself and clothing

3 Cleaning – anything you come into contact with

4 Social considerations, e.g. body odour!

5 Prevention of disease

6 Clothing – clean and appropriate

7 Dental care

8 Good food preparation

9 Prevention of infection

## UNIT 3. FITNESS 1

All human beings are born with a series of attributes that help them develop as people; some are intellectual and psychomotor, while others are physical. The physical attributes make movements possible. As a person grows, these capacities also develop.

Doing regular physical exercise and sports helps to develop these attributes even further and this is beneficial for everyday life and for playing sports.

***FITNESS is the state of your body capacities.***

### 2 kinds of FITNESS

#### GENERAL FITNESS or HEALTH-RELATED FITNESS

This is fitness related to your health and your everyday activities. Be fit or be in shape (according to H-R Fitness) means you are healthy, and you can do everyday activities without feeling too tired.

**You can achieve specific fitness only if you have a good level of general fitness to start with.**

#### SPECIFIC FITNESS

This is fitness related to play a sport. Be fit or be in shape (according to S-R Fitness) means to play a sport at a high level. This also needs a high level of health-related fitness.

***TO BE FIT just means you are able to do whatever you want or need to do, without getting tired too quickly.***

✓ BE FIT/IN SHAPE



✗ NOT BE FIT/IN SHAPE



***EXERCISE is physical activity that improves or maintains health and fitness.***

## ***FITNESS COMPONENTS can be divided into 2 categories***



### **BASIC PHYSICAL ABILITIES**

- 1) **ENDURANCE** is the ability to do a physical exercise for an extended period of time.
- 2) **FLEXIBILITY** is the ability to perform movements with the greatest range of possible.
- 3) **SPEED** is the ability to complete one or several movements in the shortest time possible.
- 4) **STRENGTH** is the body's ability to oppose or overcome a resistance

**YOU PROBABLY NEED ELEMENTS OF ALL THESE COMPONENTS TO BE SUCCESSFUL IN SPORTS, ALTHOUGH SOME MAY BE MORE IMPORTANT THAN OTHERS.**

### **SKILL-RELATES ABILITIES**

- 1) **AGILITY**
  - 2) **BALANCE**
  - 3) **CO-ORDINATION**
  - 4) **REACTION TIME**
  - 5) **TIMING**
- YOU MAY FIND THAT YOU NEED TO CONCENTRATE ON PARTICULAR COMPONENTS FOR PARTICULAR SPORTS OR ACTIVITIES.**

**ENDURANCE is the most important ability for your health.**

**Don't forget - physical health and fitness are only one bit of health. Health also includes your social and mental well-being. It doesn't matter how physically fit you are - if you're permanently unhappy, you're not healthy.**

**WE USE **PHYSICAL CONDITIONING TESTS** TO CHECK IF YOU ARE FIT OR NOT.**

## UNIT 4. BASIC MOTOR SKILLS

The basic movements that we perform in class and improve on during our lives in order to dominate the environment in which we live are the **BASIC MOTOR SKILLS**. These are:

- 1) SHIFTING
- 2) TURNING
- 3) JUMPING
- 4) BALANCE
- 5) THROWING and CATCHING

