

Physical Education in the Elem. Grades

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ONE of the most neglected subjects in the curriculum is Physical Education. In many schools it is placed as the last subject in the classroom program and in DPC Form 138. At the start of the school year, the pupils are assigned in the school ground improvement and this is often done during Physical Education period. Some portion of this time is used in cleaning the rooms. During inclement weather the pupils are required to review or to finish the next day's assignment instead of being provided with indoor activities intended for Physical Education.

This article is prepared so that teachers in both public and private schools will not be at a loss in the selection of subject matter and plans in the teaching of Physical Education in the Elementary Grades. There should be a good selection of different types of activities so that they may be distributed throughout the week, the month, and the year. In this way the pupils will not be tired of only one, two, or three activities repeated for a long period of time.

SUGGESTIONS

1. If the activities included in the program can not be carried out due to lack of equipment, similar activities may be substituted for them.

2. To increase proficiency and to keep interests in stunts undertaken, the same should be taken with variations.

3. Rhythmics should include leg, arm, and trunk movements in standing, kneeling, and sitting positions, and progress with varied slow and fast movements. Free hand, bakya, coconut shells, bamboo castanets, bells, and stick rhythmics may be given in Grades V and VI.

4. Teaching aids, such as hoops, bean bags, sticks, wands, bao, bakya, etc. may be prepared in the shop or by the pupils with the help of the parents.

5. In order to provide for continuity and mastery of activities, review lesson or lessons after the warming up exercises of marching and performing fancy steps, and practicing certain skills or rhythmics.

6. On rainy days classes in Physical Education should be given inside the classrooms, using indoor activities.

7. Pupils who are members of the school band, or those assigned as monitors, servers at the lunch counters, and gardeners are not excused from their Physical Education classes.

8. School ground improvement or gardening cannot be a substitute for Physical Education.

9. Teachers must wear an appropriate costume and low rubber or low-heeled shoes as a requirement in the Physical Education classes.

10. Teachers should provide themselves with whistles.

11. On free-play period the children choose their own activities. It is a period devoted to various forms of activities chosen by the pupils according to their desires, aptitudes, and interests.

12. Assign group leaders as often as possible. Leadership and followership should be maintained.

13. Provide activities to develop the ability to create simple rhythmic movements and patterns.

14. The Physical Education class should start with warming up activities and end with quieting activities.

TYPES OF ACTIVITIES

I. M i m e t i c s

- A. Animal Imitation
- B. Story Plays
- C. Industrial Imitation
- D. Athletic and Game Imitation

II. Rhythms and Dances

- A. Fundamental Rhythms
- B. Singing Games
- C. Folk Dancing
- D. Athletic or Gymnastic Dancing
- E. Character Dancing
- F. Natural Dancing
- G. Rhythmics (bao, bells, bakya, sticks)
- H. Rope Skipping
- I. Ball Bouncing

- III. Games
 - A. Group Games
 - B. Relay Games
 - C. Team Games
- IV. Fundamentals
 - A. Free hand exercises
 - B. Wand and Flag exercises
- V. Athletics
 - A. Running
 - B. Jumping
 - C. Throwing or Kicking
 - D. Climbing
- VI. Stunts, Tumbling, etc.
 - A. Stunts (individual)
 - B. Stunts (couple)
 - C. Tumbling
 - D. Pyramid Building
- VII. Marching (Gymnastics)
 - A. Marching fundamentals
 - B. Fancy steps
 - C. Figure marching
 - D. Simple marching tactics
- VIII. Swimming (if there are facilities)
- IX. Projects
 - A. Posture week drive
 - B. Intramural meets
 - C. Play days
 - D. Student Leaders' club
 - E. Hiking and Visits to Historical places

SAMPLE OF DAILY LESSON PLANS
Primary (Boys & Girls)

- I. Objectives
 - A. To promote good posture, poise, gracefulness, and control.
 - B. To develop ease, erectness, and grace in carriage and in all bodily movements.
 - C. To develop organic power through repeated participation in a variety of games.
- II. Activities
 - A. Marching
 - 1. Forward marching
 - 2. Single spiral marching (walking steps)
 - B. Rhythmic Activities
 - 1. Pointing with the feet (forward, backward, sideward)
 - 2. Change step
 - C. Games
 - 1. Baka-Bakahan
 - 2. Puss in a Circle
- III. Outcomes
 - A. Natural walking posture
 - B. Natural and graceful movements
 - C. Alertness

Intermediate (Boys)

- I. Objectives
 - A. To develop the ability to move from one place to another with the greatest degree of safety and speed.
 - B. To develop coordination of mind and muscle.
 - C. To express in games in the fundamental instinctive tendencies, such as, throwing, catching and running.
- II. Activities
 - A. Gymnastic marching
 - 1. Forward marching
 - 2. Backward marching
 - 3. Opening and Closing ranks
 - B. Stunts
 - 1. Head stand
 - 2. Monkey walk
 - 3. Camel walk
 - C. Games
 - 1. Newcomb
- III. Outcomes
 - A. Knowledge of marching forward, backward, and opening and closing ranks.
 - B. Knowledge of doing stunts with correct timing and coordination.
 - C. Ability in running, catching, and throwing a ball.

Intermediate (Girls)

- I. Objectives
 - A. To learn some exercises that can be of use throughout life as conditioning or "keeping fit" exercises.
 - B. To teach the steps necessary in a dance.
 - C. To develop coordination by continuous repetition of the movements in a game.
- II. Activities
 - A. Free hand exercises
 - B. Dance steps
 - 1. Close step
 - 2. Change step
 - 3. Slide step
 - C. Games
 - 1. Blackboard relay
 - 2. Over-Under relay
- III. Outcomes
 - A. Knowledge of exercises that are good for the development of mind and body.
 - B. Knowledge of some dance steps
 - C. Coordination
- References:
 - 1. Program of Activities in Physical Education in the Elementary Grades.
 - 2. Outline of Conduct and Practice of Group Games.