



Health and Physical Education

Syllabus for covering of Essential Learning Areas

Grade 7

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. Eighteen periods have been proposed in the health and physical education syllabus for grade 7. 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 (11 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

Grade7

(This plan is designed to sustain the teaching learning process for eleven periods in the first term of Grade 7)

Competency	Competency level	Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the textbook	Time period
Selected Learning Outcomes and Lessons from Grade 7-Term One						
1. Contributes to the building up of a Healthy Society	1.1. Contributes to the promotion of Health in the family	<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. 	<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 	1.1	1. Let us build a healthy family environment <ul style="list-style-type: none"> • Health promotion • Family health promotion 	03

			<ul style="list-style-type: none"> • Being free of the danger of accidents • Clean surroundings • Sanitation facilities • Adequate space • Consuming healthy food <ul style="list-style-type: none"> • Mental environment <ul style="list-style-type: none"> • Being free from bullying • Being free of stress • Spending leisure effectively • Love security and attention <p>Social environment</p> <ul style="list-style-type: none"> • working in groups • Interpersonal relationship • Duties and responsibilities 			
2.0. Fulfils human needs for a healthy life	2.1 Leads a healthy life while enjoying the fulfillment	<ul style="list-style-type: none"> • Explains what is meant by love and security • Lists the 	<ul style="list-style-type: none"> • Concept of love and security among human needs • People connected 	2.1	2. Let us experience love and protection <ul style="list-style-type: none"> • Identifies 	01

	of love and security	<p>individuals connected with love and security.</p> <ul style="list-style-type: none"> Explains one's responsibilities and duties for the fulfillment of the needs of love and security 	<p>by love and security</p> <ul style="list-style-type: none"> Members of the family Parents Brothers/Sisters Other members of the family Streamlining the differences in the hopes, thoughts and desires of each other External members <ul style="list-style-type: none"> -Neighbours -Relatives -Various institutions./people Duties and responsibilities of one's self and others in the satisfaction of the needs of love and security 		love and protection	
4. Spends leisure time effectively by engaging in sports and outdoor activities.	4.1. Derives enjoyment by engaging in rural games	<ul style="list-style-type: none"> Gets involved in folk games for pleasure 	<ul style="list-style-type: none"> Folk games Without and with equipment Pairs/Groups Engagement in the game 	4.1	3. Let us engage in folk games	01

	<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>	<ul style="list-style-type: none"> • Gets involved in activities related to serving and receiving in volley ball • Derives enjoyment through participating in activities • Engages in activities related to footwork in Netball <p>Engays participation in activities</p>	<ul style="list-style-type: none"> • Skills in volley ball • Under arm service • Under arm receiving • Training exercise <ul style="list-style-type: none"> • Skills in Netball • Foot work • Training exercise <ul style="list-style-type: none"> • Skills in Football • 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 Training exercises 	<p>4.2</p> <p>4.3</p> <p>4.4</p>	<p>4. Let us play volleyball</p> <p>5. Let us play netball</p> <p>6. Let us play football</p>	<p>02</p> <p>02</p> <p>02</p>
Total						11