



Health and Physical Education

Syllabus for covering of Essential Learning Areas

Grade 9

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. Sixteen periods have been proposed in the health and physical education syllabus for grade 9. 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 (10 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

Grade 9

(This plan is designed to sustain the teaching learning process for ten periods in the first term of Grade 9)

| 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 9 -Term One | | | | | | |
| 1.0 Contributes to the building up of a Healthy Society | 1.1. contributes to minimize the social health problems | <ul style="list-style-type: none"> • Lists the health problems exist in your area • Contributes to promote health in ones living area | <ul style="list-style-type: none"> • Health promotion -Concept of Social health promotion • Ones contribution towards health promotion in relevant area. • Essential approaches to health promotion -Health policies -Health friendly environment -Skill development -Community participation -Re organization of services • Advantages of health promotion | 1.1 | 1. Let us build a healthy society | 02 |
| 2.0. Fulfills Human needs for a Healthy life | 2.1 Builds up the personality for self actualization | <ul style="list-style-type: none"> • Explains self actualization. • Expresses the importance of | <ul style="list-style-type: none"> • Introduction of self actualization • Importance of self | 2.1 | 2. Let us achieve towards self actualization | 01 |

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| | | <p>self actualization.</p> <ul style="list-style-type: none"> • Works toward with the aim of self actualization. | <p>actualization</p> <ul style="list-style-type: none"> • Approaches of self actualization | | | |
| 3.0 Exhibits correct postures to lead a healthy life | 3.1 Maintains correct postures by concerning about the incorrect postures. | <ul style="list-style-type: none"> • Names the factors/conditions that influence on incorrect postures. • Describes incorrect postures • Acts to Correct the incorrect postures • Directs others to gain correct postures | <ul style="list-style-type: none"> • Factors/ conditions influencing on incorrect postures <ul style="list-style-type: none"> • Congenital conditions • Environmental conditions • Chronic conditions • Congenital and environmental conditions <ul style="list-style-type: none"> • Kyphosis • Lordosis • Scoliosis • Vertebral column abnormalities • Flat back • Bow legs • knock knees | 3.1 | 3. Let us identify physical deformities which prevent good posture | 01 |
| 4.0 Spends leisure effectively through the involvement | 4.1. Classifies the organized sports and outdoor activities. | <ul style="list-style-type: none"> • Classifies organized sports • Classifies outdoor activities • Explains the | <ul style="list-style-type: none"> • Classification of organized sports • Types of outdoor activities • Necessity of | 4.1 | 4. Let us identify organized games and outdoor | 02 |

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|---|--|--|--|-----|---|-----------|
| in sports and outdoor activities | | necessity of organized sports and outdoor activities. | organized sports and outdoor activities -Physical needs -Mental needs -Social needs | | activities | |
| | 4.5.Engages in volleyball by using the skills correctly. | <ul style="list-style-type: none"> • Involves correctly in spiking and defending | <ul style="list-style-type: none"> • Skills in volleyball -Spiking -Defending | 4.5 | | 02 |
| | 4.6. Engages in netball by using the skills correctly | <ul style="list-style-type: none"> • Satisfies by playing volleyball according to rules and regulations • Involves correctly in attacking, defending, shooting. • Satisfies in playing netball according rules and regulations. | <ul style="list-style-type: none"> • Rules and regulations • Engaging in volleyball • Skills in netball -Attacking -Defending -Shooting • Rules and regulations • Engaging in netball | 4.6 | 5. Let us play volleyball 6. Let us play netball | 02 |
| | | | | | Total | 10 |