



# **Health and Physical Education**

**Syllabus for covering of Essential Learning Areas**

## **Grade 8**

**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. Fifteen periods have been proposed in the health and physical education syllabus for grade 8. 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 (09 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 8

(This plan is designed to sustain the teaching learning process for nine periods in the first term of Grade 8)

Competency	Competency level	Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the textbook	Time period
<b>Selected Learning Outcomes and Lessons from Grade 8 -Term One</b>						
<b>2 Satisfies human needs to lead a healthyLife.</b>	2.1 Satisfies the higher human needs to lead s a healthy life.	<ul style="list-style-type: none"> <li>• Acts accordingly to develop self-esteem.</li> <li>• Lists the factors that influence on self esteem</li> <li>• Acts to develop the self esteem of the individual.</li> <li>• Exhibits the self esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Higher human needs.                             <ul style="list-style-type: none"> <li>-Self-esteem</li> </ul> </li> <li>• Factors that influence on self esteem.</li> <li>• Completeness of skills                             <ul style="list-style-type: none"> <li>-Physical skills</li> <li>-Mental skills</li> <li>-Social skills</li> <li>-Aesthetic skills</li> <li>-Moral skills</li> <li>-Emotional skills</li> </ul> </li> <li>• motivation</li> <li>• Acceptance</li> <li>• Approaches to the fulfillment of self-esteem.</li> <li>• Identification of</li> </ul>	2.1	1. Let us improve our self esteem	02
		<ul style="list-style-type: none"> <li>• Acts accordingly with self under- standing.</li> </ul>				

			<p>abilities/weaknesses.</p> <ul style="list-style-type: none"> <li>• Identification of our responsibilities in that regard</li> <li>• evaluation related to them</li> </ul> <p>-External -Internal</p>			
<p><b>3.0.Demonstrates the correct postures to lead a healthy life.</b></p>	<p>3.1Exhibits the correct postures in turning.</p>	<ul style="list-style-type: none"> <li>• Demonstrates correct posture in turning to the left.</li> <li>• Demonstrates correct posture in turning to the right.</li> <li>• Demonstrates correct posture in turning back.</li> <li>• Enjoys by engaging activities</li> </ul>	<ul style="list-style-type: none"> <li>• Methods of improving posture in turning. <ul style="list-style-type: none"> <li>• Left turn</li> <li>• Right turn</li> <li>• About turn</li> </ul> </li> <li>• Methods and commands of improving posture in marching. <ul style="list-style-type: none"> <li>• Forming a group and</li> <li>• Marking time and stopping</li> <li>• Marching and stopping</li> </ul> </li> </ul>	<p>3.1</p>	<p>2. Let us march correctly</p> <ul style="list-style-type: none"> <li>• Correct turns</li> </ul>	<p>01</p>
	<p>3.2. Exhibits the correct postures in marching by correct movement patterns.</p>	<ul style="list-style-type: none"> <li>• Execute the mark time correctly.</li> <li>• Execute the march correctly.</li> <li>• Execute the correct movement patterns in a march past.</li> </ul>		<p>3.2</p>	<ul style="list-style-type: none"> <li>• Correct marking time</li> <li>• Correct marching</li> </ul>	<p>01</p>

		<ul style="list-style-type: none"> <li>• Execute according to the com- mands.</li> <li>• Enjoys while engaging in activities</li> </ul>				
<b>4. Spends leisure time effectively by engaging in sports and out door activities.</b>	4.2 Plays volleyball using over hand service and setting correctly	<ul style="list-style-type: none"> <li>• Executes over hand pass and under hand pass correctly.</li> <li>• Acts according to the rules and regulations.</li> <li>• Enjoys while engaging in</li> </ul>	<ul style="list-style-type: none"> <li>• Skills in volleyball. <ul style="list-style-type: none"> <li>• Over hand services</li> <li>• Setting</li> </ul> </li> <li>• Training activities</li> <li>• Rules and regulations</li> </ul>	4.2	3. Let us play volleyball	02

		activities				
	4.3 Plays Netball using throwing and catching skills correctly.	<ul style="list-style-type: none"> <li>• Executes passing and receiving the ball correctly.</li> <li>• Acts according to the rules and regulations.</li> <li>• Enjoys while engaging in activities</li> </ul>	<ul style="list-style-type: none"> <li>• Methods of passing in netball</li> <li>• Pass with both hands <ul style="list-style-type: none"> <li>• Chest Pass</li> <li>• Over head Pass</li> <li>• bounce pass</li> <li>• pass with one hand</li> </ul> </li> <li>• Under arm Pass</li> <li>• Shoulder pass</li> <li>• Bounce Pass</li> <li>high shoulder pass</li> </ul>	4.3	4. Let us play netball	02
<b>5. Utilizes the specific abilities developed through participation in athletics for the tasks of life</b>	5.2.Utilizes correct starting techniques in running	<ul style="list-style-type: none"> <li>• Classifies starting methods of running</li> <li>• Explains the importance of starting methods of running.</li> <li>• Demonstrates the medium start correctly</li> </ul>	<ul style="list-style-type: none"> <li>• Starting methods of Running. <ul style="list-style-type: none"> <li>• Standing start</li> <li>• Crouch start</li> <li>• Medium start</li> </ul> </li> <li>• Rules and regulations</li> </ul>	5.2		01

							<b>Total</b>	<b>09</b>