

# TEACHING NOTES 1

## TEACHING OBJECTIVES

What I plan to teach focusing on **basic competences**:

METHODOLOGICAL COMPETENCES	PERSONAL COMPETENCES	COMMUNICATIVE COMPETENCES	SPECIFIC COMPETENCES OF LIVING
<ul style="list-style-type: none"> <li>To introduce health and fitness through movement</li> <li>To present real situations to find out differences between health and fitness</li> <li>To show some characteristics of social, physical and mental health</li> <li>To recall the four basic components of fitness</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate the ability to apply the decision making process to physical activity</li> <li>To enhance problem solving in tactical aspects in cooperative games</li> </ul>	<ul style="list-style-type: none"> <li>To encourage students to discuss their health habits</li> <li>To increase students awareness of healthy habits through listening to classmates opinions and personal reasons</li> </ul>	<ul style="list-style-type: none"> <li>To increase students awareness of how the available resources at home and in the community offer opportunities to participate</li> <li>To show how a variety of physical activities can be enjoyed in leisure time</li> </ul>

## INTRODUCTION.

You can start the lesson with a kind of presentation about the care of their bodies as the most important thing they have. [Teacher Power Point 1](#)

## ASSESSMENT

Worksheet is a good tool to check their understanding.

There are three moments to observe their participation:

1. Active Challenge.

*“Are you on a healthy track?”*

This is the question that can provoke the brainstorming.

An introductory lecture can clarify the benefits of physical activity in the future.

*“Increased physical activity has been associated with an increased life expectancy and decreased risk of cardiovascular disease. Physical activity produces overall physical, psychological and social benefits. Inactive children are likely to become inactive adults.*

*And physical activity helps with controlling weight, reducing blood pressure, raising HDL ("good") cholesterol, reducing the risk of diabetes and some kinds of cancer. Physically active children and adults show improvements in a wide variety of measures of physiological well-being, including increased self-confidence and self-esteem".*  
(<http://melissademangone.tripod>).

## 2. Main part of the practice.

Through a notice sheet you can write if they assume leadership or other more passive roles. The organization of the activities should be simple and the floor markings usually reduced to a minimum in order to move on different games without wasting time. Simple rules enable the game to proceed without delay. A sense of frustration develops if a lengthy explanation is offered before the game is started, or if constant interruptions occur during the opening phase.

## 3. Feedback.

*"Have you realised that depending on the approach to PE activities we can be working on our social, mental or physical health?"*

We can use this topic to increase the awareness of students of how physical education is a subject that pays attention to three different dimensions of their life.