

Physical Activities and Health (Primary 2 - 3)

Brief

Help students to understand the relationship between health and physical activities by asking them to search through books or the internet to identify the benefits of participating regularly in physical activities.

Learning Objectives

- To understand the relationship between physical activities and health;
- To know different types of physical activity;
- To participate regularly in physical activity;
- To develop their critical thinking skills and their ability to communicate and collaborate effectively with team members.

Learning / Teaching Process

- The PE teacher asks each student to search from books or the internet to identify ten benefits that he or she might obtain from participating in physical activity regularly and to write down 5 physical activities that he or she likes most.
- The student should discuss with team members during recess the next day and select the 10 most valuable benefits and the five most popular physical activities from their collections.
- In the next PE lesson, each team should report to the class their findings and the reasons for their choices.

Impact on Learning

- Enhance students' learning skills through searching for the required information by reading and using internet by themselves;
- Develop the students' critical thinking, communication and collaboration skills through discussion and making choices;

- Arouse the students' interest in performing physical activities regularly;
- Understand the relationship between health and physical activities;
- Know different types of physical activity and the benefits of participating in these activities regularly.

Resources

(http://www.hkpe.net/sports_science/sports_science_c.htm)

(<http://www.edu.pe.ca/activeliving>)

Photos adapted from Belilios Public School and Munsang College (Hong Kong Island)