



Health and Physical Education

Syllabus for covering of Essential Learning Areas

Grade 6

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. Thirteen periods have been proposed in the health and physical education syllabus for grade 6. 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 (8 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 6

(This plan is designed to sustain the teaching learning process for eight periods in the first term of Grade 6)

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 6 -Term One						
1.0 Contributes to building up of a healthy society.	1.1. Takes action to maintain personal health	<ul style="list-style-type: none"> • Explains the domains of Health concept • Lists the criteria of proper physical wellbeing. • Exhibits the preparedness to follow correct practices for physical wellbeing 	<ul style="list-style-type: none"> •Health Concepts •Introduction <ul style="list-style-type: none"> -Physical wellbeing -Mental wellbeing -Social wellbeing •Qualities of proper physical wellbeing <ul style="list-style-type: none"> – Nutrient level –Correct level of waist –Body mass index (BMI) – Right proportion to Age – Physical fitness – Ability to resist diseases – Pleasant appearance – Activeness •Practices to be followed for physical wellbeing <ul style="list-style-type: none"> – Access to clean air 	1.1	1. Let us lead a happy and healthy life <ul style="list-style-type: none"> • Concept of total health • Physical wellbeing 	05

		<ul style="list-style-type: none"> • Explains the qualities of mental wellbeing • Exhibits preparedness to follow correct 	<ul style="list-style-type: none"> - Water, Sanitation and Personal Hygiene(WASH) - obtaining healthy food - participation in Sports and Exercises - Obtaining adequate amount of rest and sleep - Living in a healthy environment • Qualities of mental wellbeing <ul style="list-style-type: none"> - Taking correct decisions - Creativity - Being happily - Facing challenges successfully - Self respect - Self Understanding - Emotional balance - Critical thinking - Problem solving - Facing stress • Practices to be followed for mental wellbeing. <ul style="list-style-type: none"> • Meditating 		<ul style="list-style-type: none"> • Mental wellbeing 	
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		<p>practices for mental wellbeing</p> <ul style="list-style-type: none"> • Explains the qualities of social wellbeing • Exhibits preparedness to follow correct practices for social wellbeing 	<ul style="list-style-type: none"> • Participating in sports and games • Involving in recreational activities. • Time management • Obtaining counseling services • Simple life style • Qualities of social wellbeing. <ul style="list-style-type: none"> • Cordial interpersonal relation-ship • Communication skills • Flexibility • Empathy • Leadership • Followership • Work according to rules and regulations. • Practices to be followed for social wellbeing. <ul style="list-style-type: none"> • Working as a group • Patience and flexibility • Respecting others • Accepting • Understanding the differences in people 		<ul style="list-style-type: none"> • Social wellbeing 	
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<p>3.0 Demonstrates correct postures to ensure a healthy life.</p>	<p>3.1 Maintains physical appearance by exhibiting correct posture.</p>	<ul style="list-style-type: none"> • Exhibits correct posture • Explains the importance of correct posture to avoid inconveniences and diseases. 	<ul style="list-style-type: none"> • Maintaining correct posture <ul style="list-style-type: none"> • Standing Attention • Stand at ease • Stand ease 	<p>3.1</p>	<p>3. Let us Improve personality through posture Correct postures for physical appearance</p>	<p>01</p>
<p>4. Spends leisure time effectively by engaging in sports and outdoor activities.</p>	<p>4.1 Investigates sport activities</p>	<ul style="list-style-type: none"> • Investigates sports activities 	<ul style="list-style-type: none"> • Sports <ul style="list-style-type: none"> • Introduction • Categorizing Sports • Need of Sports <ul style="list-style-type: none"> • Useful rest • Interpersonal relationship • Enjoyment and happiness • Fitness 	<p>4.1</p>	<p>4. Let us enjoy our leisure through recreational games</p> <ul style="list-style-type: none"> • Identifies the necessity of sports activities 	<p>01</p>
	<p>4.2 Participates in minor games to gain pleasure and satisfaction</p>	<ul style="list-style-type: none"> • Participates in minor games to gain pleasure and satisfaction 	<ul style="list-style-type: none"> • Minor games 	<p>4.2</p>	<ul style="list-style-type: none"> • Minor games 	<p>01</p>
Total						08