



Health and Physical Education

Syllabus for covering of Essential Learning Areas

Grade 10

Second Term

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, Thirty six periods have been proposed in the health and physical education syllabus for grade 10 second school term. The essential learning skills related to the second term are included in the content which is about sixty percent (24 periods) of the introduced syllabus. For the second term, the in-school learning process is limited to three days only per week 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 10

(This plan is designed to sustain the teaching learning process for 24 periods in the second term of Grade 10)

Competency	Competency level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
Selected Learning Outcomes and Lessons from Grade 10- 2nd term						
4.0. Spends leisure effectively through involvement in sports and outdoor activities	4.2.Enjoys volleyball conforming with the rules and regulations.	<ul style="list-style-type: none"> • Gains pleasure through involvement in sports 	<ul style="list-style-type: none"> • Volleyball <ul style="list-style-type: none"> • Rules and regulations • Playing the game • Officiating 	4.2	4. Let us learn about sports and outdoor activities	02
	4.3. Plays netball using correct skills and tactics	<ul style="list-style-type: none"> • Plays netball using skills of attacking, defending, shooting 	<ul style="list-style-type: none"> • Netball <ul style="list-style-type: none"> • Attacking • Defending • Shooting 	4.3		02
	4.4.Enjoys netball conforming with the rules and regulations.	<ul style="list-style-type: none"> • Follows rules and regulations • Gains, pleasure through involvement in sports 	<ul style="list-style-type: none"> • Rules and regulations • Playing the game • Officiating 	4.4		02

Competency	Competency level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
	4.5.Plays football using correct skills	<ul style="list-style-type: none"> • Kicks and heads correctly in football 	<ul style="list-style-type: none"> • Football <ul style="list-style-type: none"> • Kicking and stopping • Heading 	4.5		02
	4.6.Enjoys football conforming with the rules and regulations.	<ul style="list-style-type: none"> • Gains, pleasure through involvement in sports 	<ul style="list-style-type: none"> • Rules and regulations <ul style="list-style-type: none"> • playing the game • Officiating 	4.6		02
5.0. Applies the specific abilities through athletics to the task of life	5.3.Starts and finishes the race correctly.	<ul style="list-style-type: none"> • Uses various starting methods to start track events. • Starts and finishes correctly 	<ul style="list-style-type: none"> • Starts <ul style="list-style-type: none"> • Standing start • Crouch start • Short start • Medium start • Elongated start • Finishing 	5.3	5. Let us learn about athletics	01
	5.4.Develops the techniques further through correct running drills	<ul style="list-style-type: none"> • Uses running drills to improve running skills 	<ul style="list-style-type: none"> • Running drills <ul style="list-style-type: none"> • Running drills <ul style="list-style-type: none"> • A • B • C 	5.4		01

Competency	Competency level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
	5.5.Runs relay races exchanging the baton correctly	<ul style="list-style-type: none"> Exchanges baton conforming with rules and regulations in relay races 	<ul style="list-style-type: none"> Relayrunning <ul style="list-style-type: none"> Baton changing Mixed exchange Rules and regulations 	5.5		02
	5.6.Studies the techniques of throw- ing and jumping events in detail	<ul style="list-style-type: none"> Studies throwing and jumping events 	<ul style="list-style-type: none"> Techniques <ul style="list-style-type: none"> Long jump High jump Discus throw Shot put Javelin throw 	5.6		01
	5.7.Jumps; long jump using hang tech- nique.	<ul style="list-style-type: none"> Jumps long Jump correctlyusing hang technique Follows rules andregulations 	<ul style="list-style-type: none"> Long jump <ul style="list-style-type: none"> Hang Technique Approach run Take off Handling body in air. Landing Rules 	5.7		01

Competency	Competency level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
6.0 Acts socially in conformity with the rules, regulations and ethics of sports	6.1.Explores the rules, regulations and ethics of sports.	<ul style="list-style-type: none"> • Studies, rules and regulations • Describes the necessity of rules and regulations in sports 	<ul style="list-style-type: none"> • Introduction to the rules and regulations of sports. • Importance of the rules and regulations of sports. <ul style="list-style-type: none"> • Ethics of sports • Enthusiasm for sports • Dignity of sports • Development of personal qualities • Minimum accidents • Rights of athletes • Problem solving • Satisfaction • Fair play 	6.1	6. Let us adhere to rules, regulations and ethics in sports	01
	6.2.Contributes to the organization of activities according to the	<ul style="list-style-type: none"> • Investigates the evolution of Olympic games . • Gives critical suggestions on sports 	<ul style="list-style-type: none"> • Evolution of Olympic games • Sports and use of drugs • Structure and function of a organization • Functions of school sports 	6.2		03

Competency	Competency level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
	rules, regulations and ethics of sports	<p>skills and use of drugs</p> <ul style="list-style-type: none"> Investigates the organizational structure and the functions of school sports Provides an active contribution to the annual physical education Programmes in school Identifies the physical education programmes that can be organized in school and provides one's contribution. 	<p>organization.</p> <ul style="list-style-type: none"> Annual physical Education programmes. <ul style="list-style-type: none"> Inter house sports meet Physical fitness programme Other sports programmes Sports / Physical Education Day Assessment of athletes. Health Education Programme Health week 			
7.0 Consumes food suitable for a Healthy life	7.1. Fulfills food requirements by identifying the nutritional problems of Sri Lanka	<ul style="list-style-type: none"> Lists nutrient deficiency diseases commonly found in Sri Lanka. Explains the influence of nutrition problems on wellbeing. Names the factors 	<ul style="list-style-type: none"> Nutritional problems of Sri Lanka Macro nutrient deficiency Malnutrition <ul style="list-style-type: none"> Under nutrition <ul style="list-style-type: none"> Stunting Wasting Over nutrition 	7.1	7. Let us have nutritious food for a healthy living	04

Competency	Competency level	Learning Outcomes	Contents	Activity no. of teacher's guide	Lesson no. and name of the lesson of the textbook	Time (periods)
		<p>that influence nutrient deficiency</p> <ul style="list-style-type: none"> • Exhibits preparedness to contribute to the minimization of Nutrition problems. • Appreciates indigenous food 	<ul style="list-style-type: none"> • Over weight • Obesity • Micro nutrient deficiency <ul style="list-style-type: none"> • Iron deficiency • Iodine deficiency • Vitamin A deficiency • Calcium deficiency • Zinc deficiency • Influence of nutrition problems on well being. • Vicious circle of nutritional deficiency • Factors that influence on nutritional deficiency. <ul style="list-style-type: none"> • Food safety and wholesomeness • Age • Health condition • Environment • Other 			
Total						24