



Health and Physical Education

Syllabus for covering of Essential Learning Areas

Grade 10

Third 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, Twenty seven periods have been proposed in the health and physical education syllabus for grade 10 third school term. The essential learning skills related to the third term are included in the content which is about sixty percent (17 periods) of the introduced syllabus. For the third 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 17 periods in the third term of Grade 10)

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 10 - 3rd term						
5.0 Applies Specific abilities developed through athletics to the tasks of life	5.8.Jumps high jump using flop method	<ul style="list-style-type: none"> • Engages in the activities related to flop method of high jump • Follows rules and regulations 	<ul style="list-style-type: none"> • High Jump • Flop method <ul style="list-style-type: none"> • approach run • Take off • Clearing the bar • Landing • Rules and regulations 	5.8	5. Let us learn about athletics	02
	5.9.Puts the shot correctly using linear method	<ul style="list-style-type: none"> • Puts the shot correctly using linear method • Follows rules and regulations 	<ul style="list-style-type: none"> • Throws • Shot put <ul style="list-style-type: none"> • Linear method • Preparation • Gliding • Power position • Release • Follow through • Rules and regulations 	5.9		01
	5.10.Throws the discus correctly using rotation method	<ul style="list-style-type: none"> • Engages in activities related to throwing the 	<ul style="list-style-type: none"> • Throws <ul style="list-style-type: none"> • Discus • Preparation • Swinging 	5.10		01

		Discus	<ul style="list-style-type: none"> • Rotation • Power position • Release • Follow through • Rules and regulations 			
8.0 Adapts an efficient life style maintaining the wonders of the body	8.1.Maintains the wonder of the systems related to the healthy maintenance of the body	<ul style="list-style-type: none"> • Explains the wonders of the systems related to theexistence of body • Exhibits preparedness to take action to protect the wonders of the systems for active wellbeing 	<ul style="list-style-type: none"> • Systems that contribute the maintenance of the body. <ul style="list-style-type: none"> • Digestive system • Respiratory system • Circulatory system • Excretory system • Factors obstructing thewonders. • Students contribution to the protection of the wonders. 	8.1	8. Let us maintain a healthy body	03
9.0 Takes action to maintain fitness for healthy life.	9.1.Takes action to maintain fitnessrelated to health	<ul style="list-style-type: none"> • Lists the physical fitness factors related to wellbeing • Prepares programmes to develop physical fitness factors related to wellbeing. • Exhibits preparedness to develop fitness 	Fitness factors related tohealth <ul style="list-style-type: none"> • Cardio - muscular endurance • muscle endurance • muscle energy • Flexibility • Body composition 	9.1	9. Let us maintain fitness for a healthy life	04

	9.2.Exhibits Psycho-social wellbeing	<p>related to health.</p> <ul style="list-style-type: none"> • Explains the importance of controlling bad emotions and improving good emotions • Indicates the reasons that cause mental stress • Takes action to avoid stress • Engages in suitable activities and sports to minimize stress • Acts with empathy • Exhibits communication skills. 	<ul style="list-style-type: none"> • Emotional control <ul style="list-style-type: none"> • Good emotions • Bad emotions • Mental stress <ul style="list-style-type: none"> • Conditions that can cause stress <ul style="list-style-type: none"> • Bullying • Symptoms of mental stress • Physical symptoms • Mental symptoms • Behavioral changes • Adverse effects of mental stress • Release from mental stress • Activities and sports that develop mental qualities 	9.2		02
10.0 Leads a happy life successfully facing the obstacles of day to day life	10.2.Acts to prevent the accidents for the well being	<ul style="list-style-type: none"> • Explains the challenges that influence well being • Exhibits readiness to face 	<ul style="list-style-type: none"> • Accidents that could occur in sports • External accidents <ul style="list-style-type: none"> • Cuts • Scratches • Bruise 	10.1	10. Let us overcome challenges confronted in life	02

		<p>challenges successfully</p> <ul style="list-style-type: none"> Exhibits preparedness to cope with accidents and disasters. 	<ul style="list-style-type: none"> Tearing Piercing Boils Internal accidents Accidents connected to muscles Accidents connected to ligaments Accidents connected to bones Accidents connected to joints Accidents connected to nerves and Organs 			
	10.3.Provides first aid according to the situation	<ul style="list-style-type: none"> Obtains experience to provide first-aid according to the principles of providing First-aid Maintains a well-equipped first aid box in the classroom 	<ul style="list-style-type: none"> Minimize the accidents <ul style="list-style-type: none"> First Aid <ul style="list-style-type: none"> Introduction Principles of first aid <ul style="list-style-type: none"> Sequence Special occasions Preparation of first aid box 	10.3		02
Total						17