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# PHYSICAL Education

## Form Three Teacher's Guide

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***“Education is the light of a Nation”***

## INTRODUCTION

This book is the third in the Secondary physical education series based on the new syllabus. Topics covered include: physical fitness and health development, gymnastics, ball games, racket games, batting games, Tug-of-War, swimming, dance, track and field events.

Relevant additional information on physical fitness and health development, improvisation of equipment and safety procedures is provided. This is to make learning and teaching activities enjoyable, cost-effective, safe and of all-round benefit to the learners and the community at large. Contemporary issues in the society have been integrated in the activities where appropriate. These issues include: gender responsiveness, environmental awareness, integrity, drug and substance abuse, HIV and AIDS, and child and human rights.

The teaching and learning activities in this book are flexible and easy to adapt for individualised and unique learning situations.

In physical education, a given activity can be referred to using different names. For example, cock fighting can also be called duck fighting, press up as push ups, 'V' sit as 'V' balance and astride vault as leap frog. Take note of this and familiarise yourself with as many alternative names for the activities as possible.