

---

# Primary Teacher Education PHYSICAL EDUCATION

---

Leonard Murathi  
Janet Kamenju

UNIVERSITY OF NAIROBI LIBRARY  
P. O. Box 30197  
NAIROBI

University of NAIROBI Library



0433467 8



THE JOMO KENYATTA FOUNDATION

Handwritten notes in the bottom left corner:  
K  
003/254  
265505  
-0800-00  
-KIK-6

3d 334952

# JKF

The Jomo Kenyatta Foundation was set up in 1966 with the objective of advancing education and relieving poverty.

At JKF we believe in quality and competitively-priced publications.

Each time you buy a JKF publication, you get the best product and also contribute towards the JKF scholarships fund which is dedicated to the education of bright but needy students.

Published by The Jomo Kenyatta Foundation,  
Enterprise Road, Industrial Area,  
P. O. Box 30533-00100, Nairobi, Kenya  
Email: [publish@jomokenyattaf.com](mailto:publish@jomokenyattaf.com)  
Website: [www.jkf.co.ke](http://www.jkf.co.ke)

KJK  
AF  
QV  
363  
M93

© Leonard Mwathi, Janet Kamenju

ISBN 9966 - 22 - 541 - 2

First Published 2006

Reprinted 2008 , 2010

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic, electrostatic, magnetic tape or mechanical, including photocopying or recording, on any information storage and retrieval system, without prior permission in writing from the publisher.

155353how

Printed by Prints Arts Limited,  
P.o Box 38092-00623  
Nairobi,  
KENYA.

*'Education is the light of a Nation'*

## PREFACE

This handbook is specifically designed to assist the Physical Education lecturer in Primary Teacher Training Colleges to interpret the revised Primary Teacher Education curriculum. The interpretation focuses on objectives, methodology, content, resources as well as evaluation as they relate to each other.

The handbook offers suggestions on how to organize lessons on the topics such as dance, gymnastics, athletics and new games such as rugby and softball. However, the information offered in the handbook is not exhaustive and the user is advised to use it hand in hand with the syllabus and other relevant Physical Education textbooks.

Within relevant topics, trainees are guided on how to deal with issues of integrity, HIV and AIDS, environmental awareness, human rights, gender responsiveness, procurement, drug and substance abuse and legal liability as they apply in Physical Education.

It is hoped that the teaching and learning experiences offered in this handbook will produce a physically educated teacher capable of instilling in primary school learners the benefits accrued from participation in physical activities and the desire to adopt a healthy lifestyle at all times.

The handbook embraces the principle that practical performance is essential to the understanding of theory. Therefore, the user of this guide is called upon to expose learners to intense practical teaching and assessment. Attempt has also been made to make this handbook inclusive by suggesting ways of involving learners with special needs in Physical Education lessons.