Primary Teacher Education

PHYSICAL EDUCATION

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‘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.