

Subject: Physical Education

Golden Concept: Maintaining a healthy Lifestyle

Purpose:

Encouraging leading an active lifestyle in physical education in the UK serves several important purposes, reflecting both individual and societal goals.

Health and Well-being: One of the primary goals is to promote overall health and well-being. Regular physical activity helps prevent various health issues such as obesity, cardiovascular diseases, and mental health problems.

Physical Fitness: Physical education aims to improve students' physical fitness, including aspects such as strength, flexibility, endurance, and coordination.

Cognitive Benefits: There is a growing body of evidence suggesting that regular physical activity positively impacts cognitive function.

Assessment:

Health Metrics:

Physical Fitness Tests: Regular assessments of students' physical fitness levels, including measures of strength, flexibility, endurance, and cardiovascular fitness.

Academic Performance:

Correlation Studies: Analysing the correlation between participation in physical education programs and academic performance, considering factors such as attendance, grades, and cognitive development.

Social Development:

Observational Studies: Observing and evaluating students' social interactions during physical education classes, emphasizing teamwork, communication, and collaboration.

Cross curriculum:

Encouraging an active lifestyle in physical education can be integrated with various other subjects, creating cross-curricular links that enrich the overall educational experience. Here are some examples of cross-curricular connections:

Science:

Human Biology: Exploring the physiological effects of exercise on the human body, including the cardiovascular, respiratory, and musculoskeletal systems.

PSHE (Personal, Social, Health, and Economic Education):

Well-being and Mental Health: Integrating discussions on the mental health benefits of physical activity, stress management, and mindfulness.

Healthy Lifestyles: Connecting physical education with lessons on nutrition, personal hygiene, and the importance of a balanced lifestyle.

Key Stage or stage breakdown:

Assessing the promotion of an active lifestyle with students in school involves a combination of quantitative and qualitative methods. Here are some assessment strategies:

Physical Fitness Assessments:

Conduct regular fitness tests to evaluate students' physical fitness levels, including measures of strength, flexibility, cardiovascular endurance, and body composition.

Compare individual progress over time and set achievable fitness goals.

Participation in Physical Education Classes:

Assess students based on their active participation in physical education classes, considering factors like effort, engagement, and teamwork.

Behavioural Observations:

Observe students' behaviour during breaks and recess, noting their level of physical activity and participation in active play.

Assess social interactions, cooperation, and inclusivity during physical activities.

Key Stage or stage breakdown Cont.:

Nutrition Education:

Integrate nutrition education into the curriculum and assess students' understanding of the relationship between nutrition and physical well-being.

Evaluate their ability to make healthy food choices.

Incorporate Technology:

Use fitness trackers or mobile apps to monitor students' physical activity levels.

Integrate technology into assessments, such as having students create presentations or videos showcasing their active lifestyle choices.

By employing a combination of these assessment methods, educators can gain a comprehensive understanding of the effectiveness of efforts to promote an active lifestyle among students in school.