

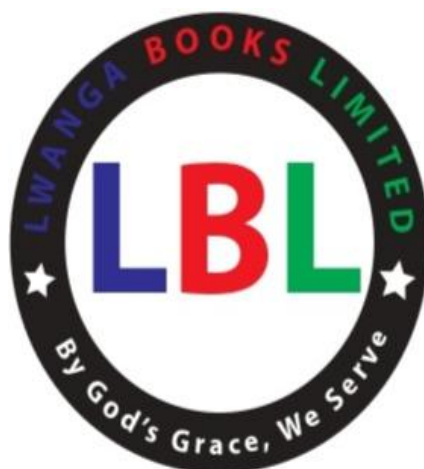
# **NEW ORDINARY LEVEL PHYSICAL EDUCATION RESEARCH BOOK ( DETAILED )**

**SENIOR ONE TO SENIOR FOUR**

**“LEARNER’S RESEARCH BOOK”**

**BASED ON THE NEW LOWER SECONDARY CURRICULUM**

By





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# Preface

This learner's research book has been written in line with the revised physical education syllabus for the new lower secondary curriculum.

The main reason as to why We have written this book, is to make research easier to learners as they are making their own notes in physical education.

Therefore, this is a detailed research book for the new revised physical education ordinary level syllabus.

This research book has been written in a Simplified way to help students read and understand the competence based physical education on individual basis as they are coming up with their own notes. Therefore, learners understand key concepts and apply them in real life.

This learner's research book is one of the materials which are to be used to support the teaching and learning process of the new lower secondary curriculum.

**Lwanga Books Ltd feels confident that this Book will be of immense value to both the learners and the teachers.**

Any suggestions for improvement of this book are most welcomed, thanks.

***“It is not what We do for you but what We will teach you to do for and by yourselves that will eventually make you successful beings in the society”***

# Acknowledgement

**Lwanga Books Limited** is deeply indebted to all those who participated in the development of **Lwanga William S1-S4 Physical Education Learner's Research Book**.

Special thanks go to **Mr. Lwanga William**, CEO of Lwanga Books Ltd for his valuable insights and advice on all publishing matters.

We would like to express our sincere appreciation to all those who worked tirelessly towards the production of this learner's research book.

First and foremost, we would like to thank our families and friends for supporting all our initiatives both financially and spiritually, Lwanga William's parents; **Mr. William Lwanga** and **Mrs. Harriet Lwanga**, his brother; Mr. Nsubuga Grace.

The initiative and guidance of the publishing partners, Ministry of Education and Sports (MoES) and National Curriculum Development Centre (NCDC) in development and implementation of the New Lower Secondary Curriculum are highly appreciated.

We thank God for the wisdom He has given us to produce this volume of work. May the Almighty God bless all the students that will use this book with knowledge of making their own notes as they are making research.....**AMEN**. We welcome any suggestions for improvement to continue making our service delivery better.

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## Introduction To Physical Education

**Focus:** Understanding Physical Education and Knowing Its Benefits to the Individual and Society

### A. Understanding the Concept of Physical Education

**Definition:**

Physical Education (PE) is an academic discipline that involves the systematic instruction in physical activities, fitness development, motor skills, and sports. It aims to enhance an individual's physical, mental, and social well-being through structured programs.

**Key Features:**

1. Educational Process: PE integrates physical activities into learning to improve cognitive functions, teamwork, and discipline.
2. Holistic Development: It focuses on physical fitness, mental health, emotional well-being, and social interaction.
3. Scientific Approach: It uses principles from anatomy, physiology, and psychology to design effective fitness routines.

**Scope of Physical Education:**

Physical Fitness: Involves improving endurance, strength, and flexibility.

Skill Development: Teaches motor skills, coordination, and agility.

Recreation and Relaxation: Encourages activities for stress relief and enjoyment.

Values and Ethics: Promotes fair play, teamwork, and respect for others.

*A classroom setup for PE theory lessons: a teacher explaining PE concepts*



*A group of students engaging in fitness activities: Showcase practical learning.*



**B. Difference Between Sports and Games*****Definitions:***

**Sports:** Organized, competitive physical activities that have set rules, objectives, and often involve professional participation (e.g., football, athletics).

**Games:** Activities focused on play, recreation, and skill development, which may or may not be competitive (e.g., tag, board games).

**Key Differences:**

| Aspect          | Sports                          | Games                                |
|-----------------|---------------------------------|--------------------------------------|
| Objective       | Competitiveness and achievement | Recreation and fun                   |
| Structure       | Well-organized with rules       | May or may not have structured rules |
| Scope           | Primarily physical activities   | Can be physical or non-physical      |
| Skill Level     | Requires high expertise         | Can involve casual participation     |
| Professionalism | Often professional              | Usually informal                     |

**Overlap:** Some games, such as cricket and basketball, become sports when played at a professional level.

**Example of sports vs. games:** A side-by-side depiction of professional football and children playing tag in a park.

**C. Benefits of Engaging in Physical Education*****To the Individual:*****1. Physical Health:**

Improves cardiovascular health, muscular strength, and flexibility.  
Prevents lifestyle diseases like obesity and diabetes.

**2. Mental Well-being:**

Enhances mood by releasing endorphins (the "feel-good" hormones).  
Reduces stress, anxiety, and depression.



**3. Skill Development:**

Teaches motor coordination, agility, and balance.  
Fosters problem-solving and critical thinking.

**4. Character Building:**

Develops discipline, patience, and perseverance.  
Promotes self-confidence and resilience.

***To Society:***

**1. Social Cohesion:**

Encourages teamwork and collaboration among individuals.  
Builds stronger community bonds through group activities.

**2. Economic Benefits:**

Reduces healthcare costs by promoting a healthy population.  
Creates employment opportunities in the fitness and sports industries.

**3. Cultural Integration:**

Acts as a platform for cultural exchange through international competitions.  
Preserves traditional games and sports.

**4. Promotes Inclusivity:**

Encourages participation irrespective of age, gender, or ability.

**Tips for Remembering**

- ✧ Acronym for PE benefits to an individual: PMSC (Physical, Mental, Skill, Character).
- ✧ Acronym for societal benefits: SECIP (Social cohesion, Economic benefits, Cultural integration, Inclusivity, Preservation).

**Key Takeaways**

- ✓ Physical Education is essential for holistic personal development.
- ✓ It fosters physical health, mental well-being, and social harmony.
- ✓ Understanding the difference between sports and games enhances clarity about recreational and professional activities.
- ✓ Participation in PE contributes positively to both individual and societal growth.

## **Safety And First Aid**

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