

EXCEL IN P.E

New curriculum work book for s.1



Name : _____
School : _____
Class : _____
Stream : _____

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EXCEL IN PHYSICAL EDUCATION

Learner's Workbook
Senior One

BY
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DECLARATION

This book has been written to integrate concepts based on the new CBC . content is an integration from knowledge from works books like lower secondary Physical Education learner's books published by New Vision and a Longhorn plus the their respective teachers guides it is thoroughly edited by Mr Mugema Siraje current HOD of PE at UMHSL who also doubles as an examiner and a field coach to give students a feel of what actually happens in the field and in class.

You are advised to also utilise your learners and teachers guides especially in performance of physical activities because this book basically dwells on the notes given in class and the practical part has been left for teachers and the knowledge in the government provided books.

CHAPTER ONE

INTRODUCTION TO PHYSICAL EDUCATION

Have you ever wondered whether physical education is important? do you know why you used to jump every morning with your nursery teachers early morning singing A ,B, C, D , what do you think you were doing ?.....

Identify any four activities that you were engaged in your nursery and primary school teachers that involved physical education

.....

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.....

Study the pictures below and use them to answer the questions that follow



Listed below are the components of physical education;

First aid, athletics, gymnastics, creative movement, hygiene, games, Safety, diet, career guidance, team work, respect for others, sports, and peace and conflict resolution

In the next activity you are going to identify the various components of first aid

 <p>A</p>	 <p>B</p>
 <p>C</p>	 <p>D</p>
 <p>E</p>	 <p>F</p>

Identify the various components of physical education

A.....

B.....

C.....

D.....

E.....

F.....

.....

.....

FIRST AID BOX /KIT

Have you ever wondered why taxis have small red boxes inside them or why the Red Cross member move with brief cases

Or sorry they are not called red brief cases they are called First aid kits /boxes

What do you think what be the definition of a first aid box?

.....

.....

COMPONENTS OF A FIRST AID BOX

From the picture below identify the components of a first aid box and state their uses



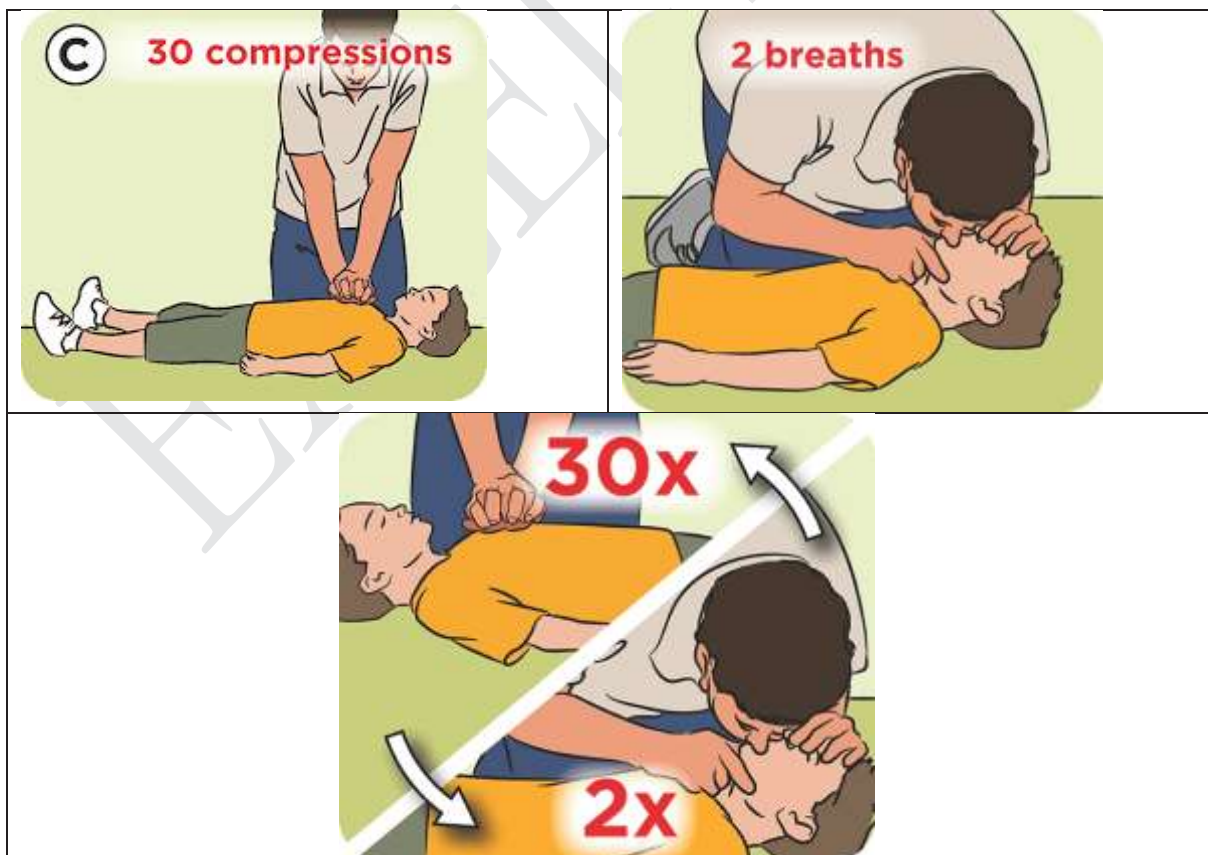
Component	Uses
Bandage	For sealing wounds



If there is no breathing

- 📖 Tilth the person's head back slightly and lift the chin , pinch the nose shut and position a barrier device e.g. a mask, handkerchief on the casualty's mouth
- 📖 Place your mouth to make a complete seal
- 📖 Blow into the person's mouth air to make a chest rise.
- 📖 Deliver two rescue breaths with each breath taking about one second then continue with the compressions.

This is one cycle 30 compressions with two breaths



CHAPTER THREE

BODY CONDITIONING

We are going to look at the body anatomy and its effects on body performance of physical activities.

What is anatomy?

.....
.....

Role of the body in performance of physical activities

In your various groups move to the field and perform the following activities

Jogging skipping of ropes push ups

In the due course note down the body parts that are involved in the performance of the activities

.....
.....
.....
.....

What similarities have you noticed between boys and girls during the performance of the activities?

.....
.....
.....

State any four differences between boys and girls in the performance of the activities

Boys	Girls

By now you have noted the various body parts that are necessary in performance of physical activities so you need to look after them.



A.....

B.....

C.....

D.....

E.....

F.....



LATE PHASE

This is done when **the heart rate has nearly returned to normal** .people usually engage in static stretches

ACTIVIY OF INTERGRATION

Imagine you the routines manager at UMHSL football club and the schedule shows that the members are supposed to first prepare for every session before they start serious training. After that they venture into the real football training. However the goal keeper and some strikers dodge the first session saying that it is wastage of time and irrelevant to the training. However the goal keeper has just recovered from a muscle pool.

Task

Write a speech to sensitise them about the relevance of the first routine and what you usually do in it.

CHAPTER FOUR

MOVEMENT CONCEPTS

THE CONCEPT OF EDUCATIONAL GYMNASTICS

Define the term gymnastics

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With prior knowledge about movement discuss and identify

The forms of movements involved in games and sports

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The examples of activities in educational gymnastics

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Importance of gymnastics to an individual

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SPOTTING SKILLS

At home when a child is challenged to start walking we normally support them in order to succeed. Have you ever helped your partner to perform an exercise which is a bit difficult for him or her to perform alone? If you did then you took the role of a **Spotter**

Study the pictures below and use it to answer the questions that follow



A



B

PERFORMING SUPPORT LEVELS AND FIGURES IN GYMNASTICS

These refer to the status of gymnasts according to how they are developed and what they can do.

We are going to look at the first three levels 1, 2, 3. These are not competitive and require demonstration of basic skills and body positions.

GYMNASTICS LEVEL 1

Perform a cart wheel



GYMNASTICS LEVEL 2

These include

- hand stand



- backward roll
- forward stride circle

What do you do?

From the above guess the definition of hurdling?

Discuss the rules that have been put in place for prints, middle distance and long distance runs in athletics

You school is organising a sports day to sensitise the community about the importance of PE. Your class has been selected to exhibit in the area of athletics

During holiday the village has organised a sports camp for teenagers to engage I athletics as a way of occupying them but their skills lack

Prepare a demonstration plan of how the participants running skills can be improved

CHAPTER SEVEN

BASIC SKILLS IN ROUNDERS

Draw the following equipment used in rounders and state their uses

Ball	Bat
Protective gear (helmet and body armours)	posts

You have been selected to coach rounders team in your school however the rounder, pitch is busy design instructions on a chart that would orient members with hitting skills

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MINI GAME SITUATION AND POSITION PLAY

Rounders are played between two teams. Each team is made up of a maximum of fifteen players and a minimum of six. Not more than nine players are allowed on the field at any one time. Each team While the other team's role is

The aim of the batting team is to in a direction that will allow the batsman to run around the four posts .this should be before the next ball is bowled to team mate and if successful on scores a In case the batsman misses a hit what he or she scores is called a half rounder is also given when For a team to be declared the winner it, must have

ACTIVITY OF INTERGRATION

The ministry of education and sports carried out a nationwide school assessment to find out the number of schools which carryout rounders as a sport .the assessment revealed that the percentage of the schools is less compared to the number of schools in the country. In response the ministry has decided to record video clips of students playing rounders that would be used for nationwide campaign

Task

Assuming your school has been selected to send clips of individual players performing basic skills and techniques in rounders that would be sent to the ministry



CHAPTER NINE

BASIC SKILLS IN NETBALL

It is a skill full game played by people that have mastered the skills

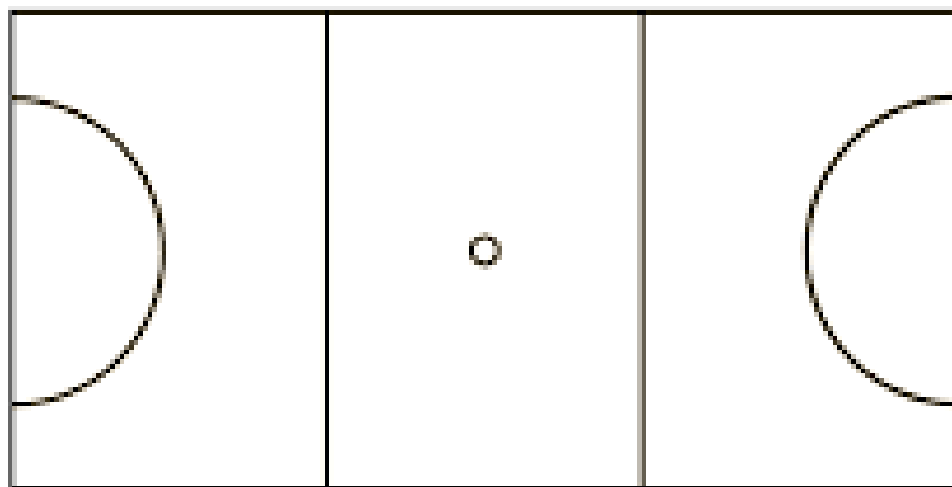
It is played by two teams each with seven players on a rectangular court. The two teams each struggles to gain and keep possession of the ball which attempt to move through the opponent's goal in a circle.

It is played on a rectangular court which should be levelled and firm. The court has two longer side called **side lines**. And two short sides called **goal lines**

All players have specified areas of the court where they are allowed to play and every player has a specific position and the role to play on their team which is designated by the letter on their **bib/pinnie**.

No single player is allowed in all areas of the court so it important to know the positional areas as going out area will result in an offside call.

NET BALL COURT



On it mark and name the sidelines and the goal lines and the positions of the various players.

There are seven playing positions in a team. Each member has a role to play. With guidance from your teacher state the role of each of the following

Netball goal post and ring	Netball bibs
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BASIC SKILLS IN NETBALL

The basic /primary skills of the games include catching, throwing, passing footwork and shooting. Every player should acquire these skills to enable them to play the game.

CATCHING

The main objective of catching is to safely remove the ball. It can be done with one or two hands.

Throwing and passing

The major difference between throwing and passing is that while one involves just releasing the ball from the hands and the other is done with an objective of getting the ball to the destination who is a team mate.

Passes can be a shoulder pass, chest pass, bounce pass, overhead pass, under arm pass.

Shoulder pass

This is a one handed pass used for speed and accuracy over longer distances. The pass should be aimed in front of the receiver where they are running to.

Chest pass

This is a strong quick and precise pass for short distances. It is executed with both hands from chest level.

Bounce pass

This pass is used when the area is crowded and they should only be used over short distances. It is a good pass to teach shorter players who have trouble passing around a defenders long arms.



With help from your teacher discuss the meaning of the above signals

Suggest any other five netball signals

.....

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ACTIVITY OF INTEGRATION

Some learners are reluctant to play netball. As a way of empowering them, the PE department is planning to hold a sensitisation rally. Your class has been embarked to spear head this drive.

Task as a learner of PE prepare a chart and demonstrate the presentation that you will use to motivate the learners to start playing netball

CHAPTER TEN

BASIC SKILLS IN VOLLEY BALL

Volley ball is a six side court game played by hitting an inflated ball back and forth over a high knot. Points are scored by successfully landing the ball in the opponent's court without being returned.

The game is symmetrical

This refers to a situation in which parts on either side of a central dividing line correspond to each other /are identical to each other. They are balanced especially in two halves of a whole.

EQUIPMENTS USED IN VOLLEY BALL

The playing court

It is a rectangular and symmetrical. It is a rectangle free zone on all sides. The free playing space is the space above the playing area which is free from any obstructions. The court is divided into two equal parts by the centre line which runs the width of the court under the net.

Attack lines are on both sides of the net

In the space draw a volley ball court with its components

Other materials used include a net and post, ball, whistle, knee pads, volley ball shoes, jerseys

In the space provided below draw the following apparatus used in volley ball

Net and post	ball
--------------	------

-
-
-
-
- When a player touches the net. The only exceptions are incidental contact by a player's hair or an insignificant contact by a player not involved in the play.
 - When the ball is in play and a player contacts any part of the net including the cable attachments
 - When the player lifts the ball
 - When one steps over the service line during a serve
 - When one reaches over the net (unless during a block or follow – through of spike) or reaching under the net.
 - When a back row player spikes or blocks the ball in front of the attack line.

SCENARIO

Your class volley ball team will be playing against the senior one class of Lumbago girls in a two weeks' time. Unfortunately your school coach is off for some time .as a captain you are tasked to engage the team into a practice session as you wait for him to return.

Prepare a chart and demonstrate the activities that you intend to use during a practice session

EXCERPT

SEE YOU IN BOOK TWO



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