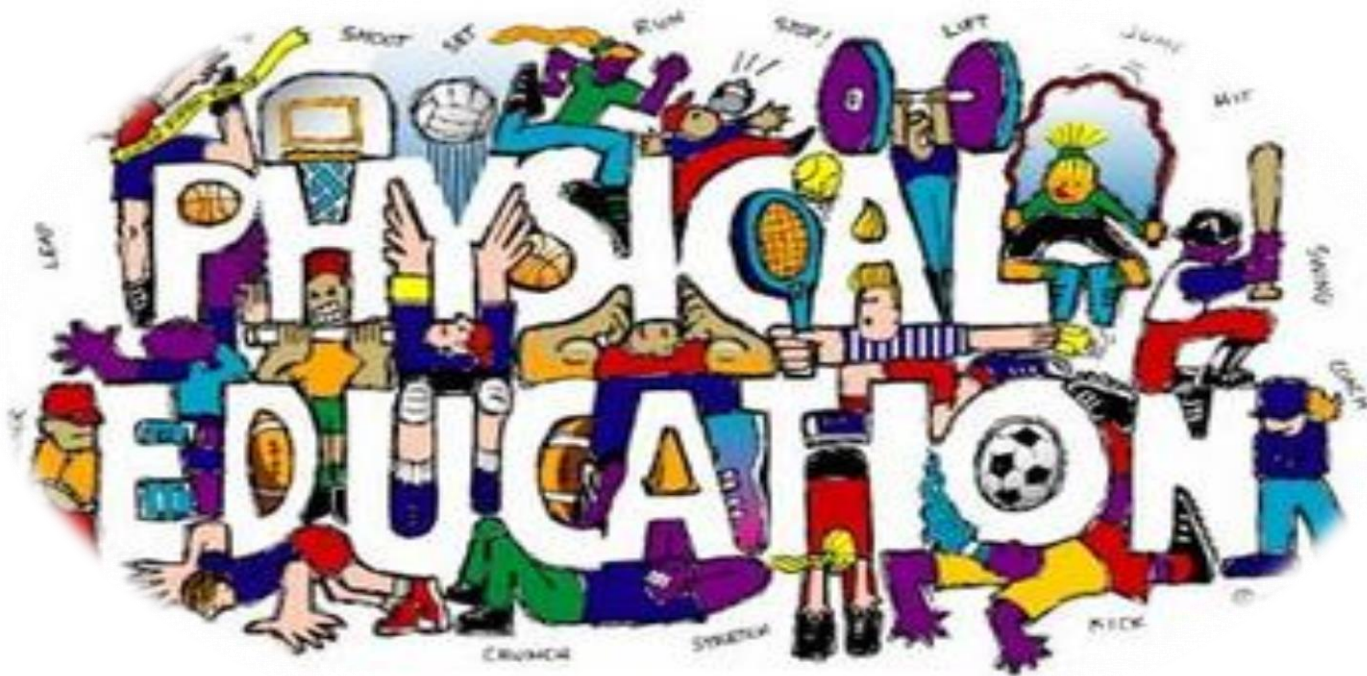
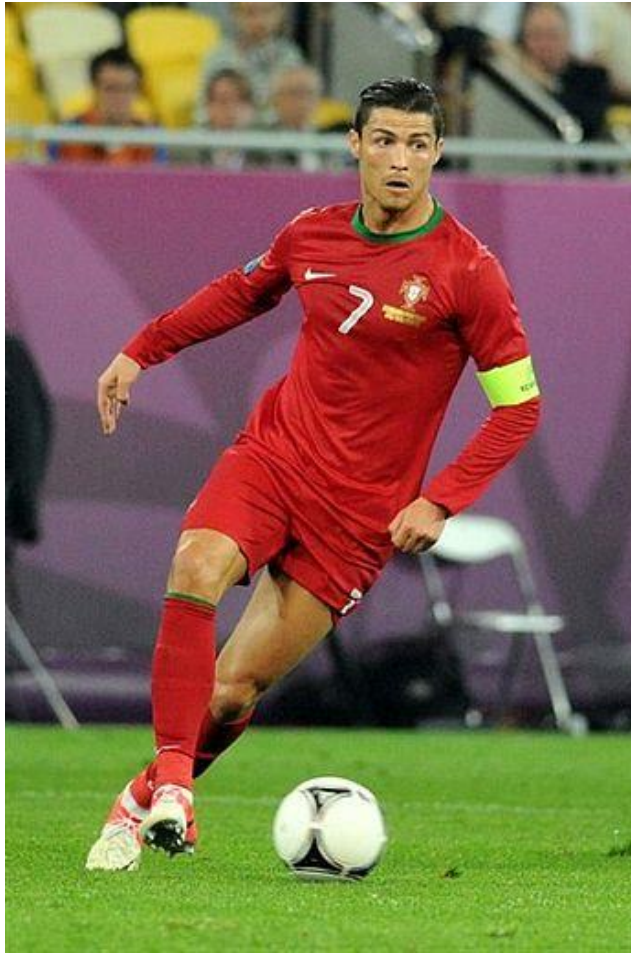


# HISTORY OF



# DEFINITION

- Physical Education is a subject that develops the physical, mental and social aspects of the individual. The objective is to promote fitness and health as well as the benefits of team building, team work, sportsmanship and fair play.
  - ❖ Physical development - we learn the skills of many new sports.
  - ❖ Mental development - we learn to solve problems using creative ways.
  - ❖ Social development - we learn fair play, honesty, cooperation, good sportsmanship and we meet new people.



- ❑ Physical education has always played an important role in people's lives.
- ❑ Can you think of any ways in which physical education and sport is important today?

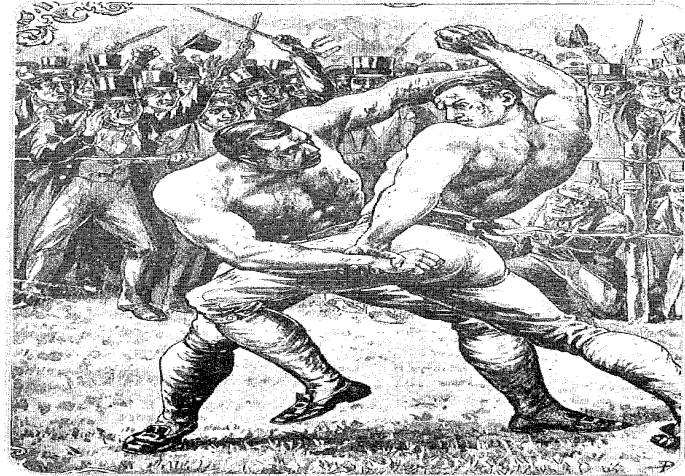
# EARLY MAN



- ✓ The Need for Survival
- ✓ Man always had to gather food and hunt to feed his family.
- ✓ After successful hunting excursions, celebration events included dancing and ceremonial games.

# ANCIENT GREECE

2. The Need for Military Performance
  - ✓ Ancient Persians and Spartans knew the importance of fitness to the performance of the military forces.
  - ✓ At the age of 6, boys became the property of the Empire and underwent training in hunting, marching, riding and javelin throwing.





# INDIA & CHINA

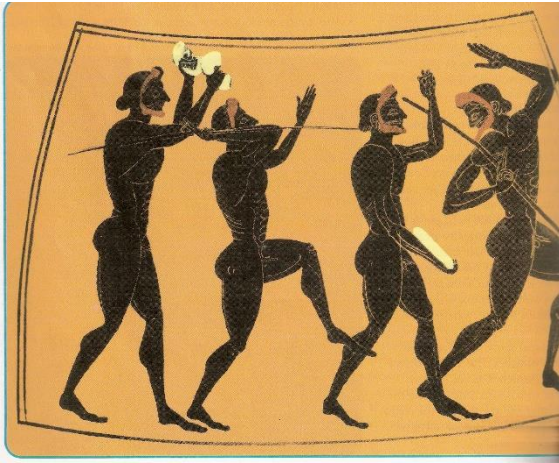


## 3. The Need for Healthy Living

- ❖ In China, the teachings of Confucius encouraged participation in regular physical activity. Cong Fu gymnastics was developed to keep the body in good condition.
- ❖ In India, Yoga was practised to bring together the union of the body, mind and spirit.

# THE ROMANS

4. The Need for Entertainment
  - ❖ The Ancient Greeks used the Olympics as a form of entertainment.
  - ❖ The Romans replaced the Olympics with the gladiator contests as their form of entertainment.



# Objectives of Physical Education

- ▶ To understand the human body.
- ▶ To develop and use different motor skills.
- ▶ To value physical activity.
- ▶ To display responsible behaviour.
- ▶ To provide opportunities for enjoyment, challenge, self expression and social interaction.
- ▶ To provide opportunities for career enhancement.

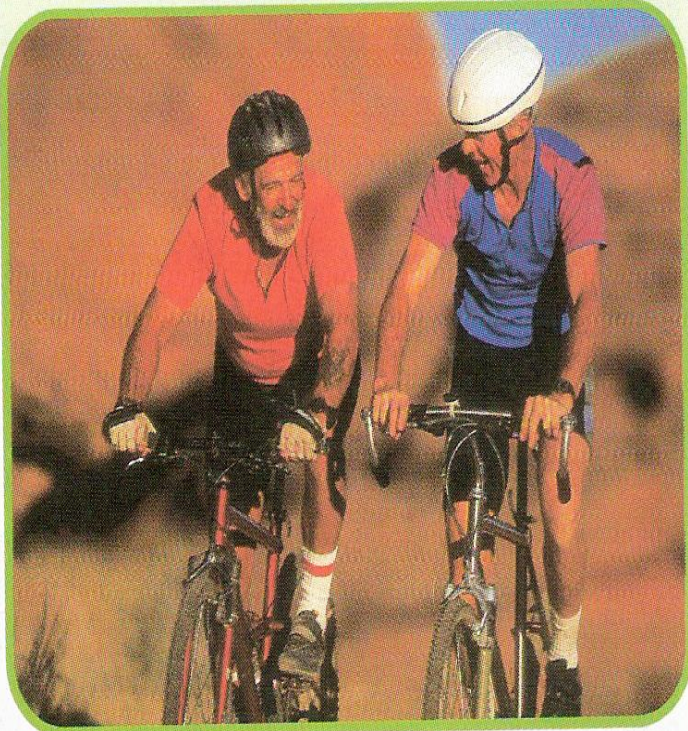


# Play

- To take part in an enjoyable activity simply for the sake of amusement. It has:
  - No formal rules.
  - No pressure on the participants.
  - No winners or losers.
  - No set time.
  - No defined or marked playing area.



# Recreation



- ▶ The refreshment of the mind and body after demanding activities such as school or work, especially by engaging in enjoyable activities. It is more planned out than play but without:
  - ✓ Winners and losers
  - ✓ Highly organized rules.

# Games

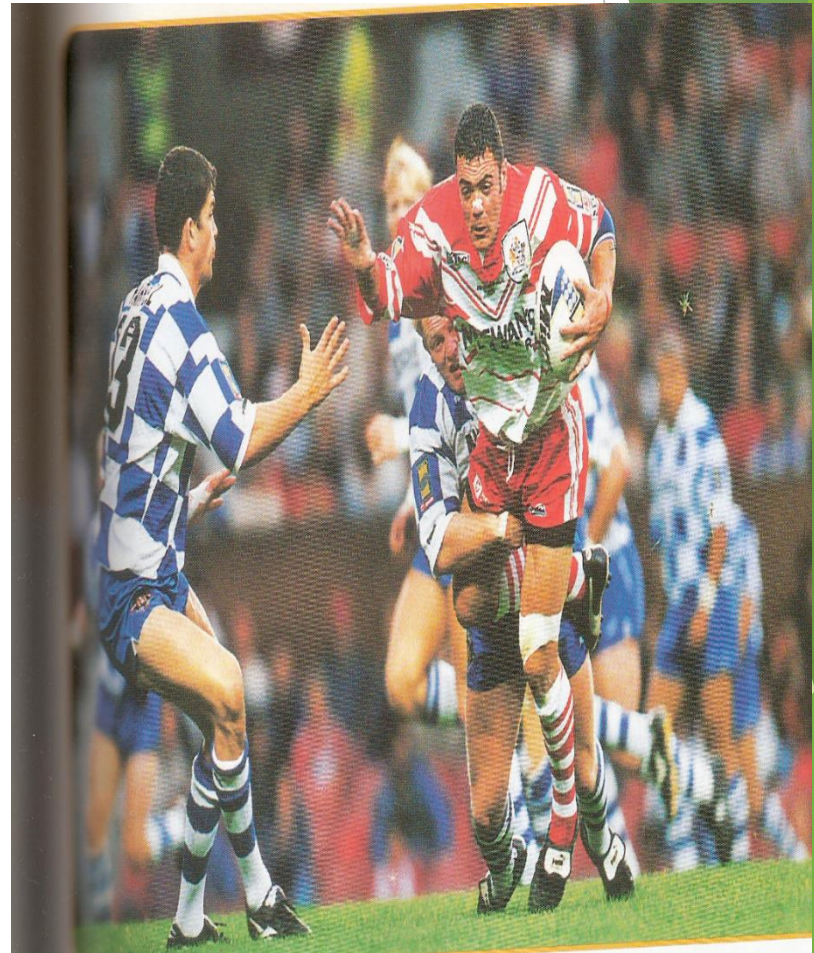
- ▶ Activities or contests governed by sets of rules. They are normally freely organized to ensure enjoyment first. They have:
  - ❑ An agreed playing area.
  - ❑ Higher levels of skill than play and recreation.
  - ❑ Rules that can be changed or altered.
  - ❑ It is between individuals or groups where one is declared the winner at the end.





# Sport

- ▶ Competitive activities involving high levels of physical strength, skill and endurance. They include:
  - ❖ Set rules, playing area and time.
  - ❖ Energetic physical activity.
  - ❖ Complicated skills.
  - ❖ Extreme training and preparation.
  - ❖ Winning is normally important.
  - ❖ Rewards are offered.



# Why Physical Education and Sport in schools.

- ▶ To learn about yourself and your usually hidden abilities.
- ▶ To develop teamwork and a sense of fair play.
- ▶ To gain a fit and healthy lifestyle.
- ▶ To develop self esteem and self confidence.
- ▶ To enjoy yourself.
- ▶ To create career options.