

**Course - Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Methods of Physical Education**

**Topic Name - Meaning, Scope & Importance of Physical Education**

**Topic No. - Sec - A (1)**

**Paper No. - IIIrd**

**Lecture No. - 1**

### **Lecture Name**

#### **Methods of Teaching Physical Education - an Introduction**

#### **F.A.Q's**

##### **Q1. What is physical education ?**

**A1.** Physical education is an integral part of the educative process which uses physical activity as a primary means to promote psychomotor, cognitive, and social-affective growth in order to enhance the quality of life.

##### **Q2. What is reciprocal styles ?**

**A2.** The reciprocal styles allows more decision making by the students as compared to the command and practice styles, which are much more teacher dominated. With this style teacher develops a reciprocal task sheet which describes the task to be performed and point out what the observer should be looking for to see if the performer is executing the task properly.

##### **Q3. What is guided discovery method ?**

**A3.** The guided discovery method crosses over into the student-centered section of the continuum. This approach continues to use teacher-designed movement tasks, however, it is done in a way that allows the children to make individual decisions about how to move.

##### **Q4. What is exploration style ?**

**A4.** Exploration is the most student-centered style on the continuum. With this style the students are permitted to move as freely as they desire, while staying within the limits of safety. The style is similar to that of problem solving, except the students are exploring the movements in a less restrictive and more natural environment with much less teacher direction.

