

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

Summary

Teachers should be able to proficiently and effectively use all seven of the teaching styles depending on what the situation calls for. There are benefits and drawbacks in each of the styles, therefore it is important for the teacher to know when to use a specific style.

If the goal of the lesson is to be extremely organized, have a unified response, save time, or have a quick direct route to the task then the command or practice styles are recommended. If the purpose is for the students to develop responsibility, social skills and/or analytical skills then the reciprocal or task style is recommended. It is recommended that the guided discovery method be utilized if the objective is to have the students think for themselves and develop a greater understanding of the proper movements. When the intent of the lesson is not to teach a particular outcome, but instead to improve development in conceptual, cognitive, and problem solving areas, as well as enhance creativity in the movements then the style of problem solving is surely recommended. In the event that you are working with young children who are involved with their first physical education experience it is more appropriate to allow them the freedom to work and explore movements on their own, thus it is recommended that the exploration method be used for this situation.