

Course Name: 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.: 2

Lecture Name

Methods of Teaching Physical Education - An Introduction - Part II

Summary

There are currently eight dominant instructional models and approaches to teaching physical education. These are by no means the only approaches used to teaching physical education but they occur most frequently in the literature. Five (5) have been adapted for physical education from other settings or content areas. The remaining three (3) were developed exclusively for use on physical education settings. The five models and approaches adapted for physical education from other settings included: Direct Instruction, Cooperative Learning, and Personalised System for Instruction (PSI), Peer Teaching, and Inquiry Teaching. The three models and approaches developed exclusively for physical education are: Sport Education, Tactical Games Approach, Teaching for Personal and Social Responsibility through Physical Activity