

Course Name: Bachelor of Physical Education
Year - IInd (Part-1)
Paper Name - Methods of Physical Education
Topic Name - Lesson: Plans
Topic No. - Section - B
Paper No. - IIIrd
Lecture No. - 6

Lecture Title

The Basics of Lesson Plan

FAQ's

Q-1 What is the primary aim of physical education?

Ans- The primary aim of physical education, otherwise known as physical training, is to equip students with the knowledge, skills, capabilities, values, and enthusiasm necessary to the maintenance of a healthy lifestyle into adulthood, regardless of physical ability.

Q-2 How is the long term planning beneficial in Physical Education?

Ans- Long-term planning (e.g. one month, one unit, or one semester) allows instructors to build a comprehensive, sequential curriculum that promotes the development of student skills, fitness, and knowledge over time.

Q-3 what is meant by Physical Education?

Ans- Physical education is a key component of an interdisciplinary learning approach because it draws from many other curriculum areas. Instructors can relate concepts from the physical sciences, mathematics, natural sciences, social sciences, and kinesiology to physical education activities.

Q-4 How to work with students of diverse cultural backgrounds?

Ans- Physical educator should understand the cultural values and norms of the culture from which the students originate. He should highlight information regarding

participation in the activity. Often English is not the primary language for students from diverse cultural background so he should repeat instructions a number of times.

Q-5 How should the teacher work with disabled students?

Ans- The teacher should design lesson plans that include alternate activities in the event that the originally planned activity does not work well for student with disabilities. Teachers should not place students with disabilities in activities where they have no chance of success.