

SHSS4073

Physical Education the Child and the
Curriculum

Identify and justify what you consider to be the
three most important aims for Physical Education.

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Personal Evaluation – to support your academic progress please complete the section below <u>BEFORE</u> submitting your work.									
What do you consider to be the best aspects of this work?	I believe I have focused well on the three aims. I also believe I have related well to my own practice in past placements.								
Which aspects do you consider could have been improved in this piece of work?	I believe I need to improve on my wider research into more recent books, articles and journals. I also believe I can use variety of vocabulary that will extend my academic writing.								
What have you found most satisfying whilst undertaking this submission?	I have found it very interesting about the information I have found to back up my personal experiences in my professional development.								
ASSESSMENT CRITERIA	Learning	GRADE							
		Poor 0-25%	Unsatisfactory 26-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 85%	Exceptional 86– 100%	%
Justification of aim 1 for Physical Education	1, 3								20%
Justification of aim 2 for Physical Education	1, 3								20%
Justification of aim 3 for Physical Education	1, 3								20%
Detailed knowledge and understanding of the National Curriculum documentation	1								20%
Evidence of research and wider reading	1, 2, 3								20%
It is expected that students will present work that is proof read and follows the School Reference Guide and Assessment Checklist. Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below.									0/10
TUTOR COMMENTS:									
Submission date: 22 nd November 2019 Via Turnitin		Return date: 22 nd December 2019 (At least within 4 weeks)		Tutor: Dylan Blain				Mark:	

As a future practitioner of physical education, it is in the best interests to provide the appropriate provisions to young people and children. Considering the question 'Identify and justify what you consider to be the three most important aims for Physical Education.' The writer believes that the three most important aims covered in this module are Social, Cognitive and Physical developments. Donaldson highlights in the new curriculum 'Successful futures' under physical development that there are a variety of aims that need to be met to ensure children reach their full potential. (Donaldson, 2015)

The social domain is the way that children interact with each other and how they can work together to overcome problems during the sessions. The cognitive domain is about your mental state of mind, which would include your self-esteem and the motivation. This would contribute towards your physical education, working alongside the mental state of motivation and self-esteem as it is a big aim that physical education is trying to meet. The physical domain is more of the individual person; it focuses on weight loss and muscle gain. Physical education also helps to increase the fitness of an individual and to promote healthy eating, as being healthy is not all about being physically fit but also about your food intake as this is proven by the NHS that healthy eating decreases the risks of diseases. (NHS, 2018)

Social development can be associated with socialising with peers. Being socially active in physical education helps the individual to feel supported, this maybe during activities where children can support one another to set progression steps, to advance the child to reach their full physical development. Azzarito and Ennis mention that if the children are socialising with their peers, they will feel more supported within their learning. Furthermore, socialising with your peers in physical education allows the students to learn a variety of essential life skills. Azzarito and Ennis agree that the students learn to communicate through sharing information with each other, whether this maybe within group activities or individually as it can give children the confidence to take leadership either individually or within a team, learn responsibility for their own health and to develop resilience to work through problems at the same time. (Azzarito and Ennis, 2010)

During team sports in physical education, children can improve certain skills that they will need in later life. Nauert mentions that participating in team sports has benefits beyond your physical fitness. To expand, a child's participation within a team can develop leadership skills, communication, discipline and empathy towards others. (Nauert, 2019)

The writer agrees with Nauert as past experiences have proven when children have been observed within a team sport their confidence and team management skill have arisen, taking control of teammates and supporting them to provide a positive outcome.

However, 'Ultius' states the negative effects social development within physical development as some children may feel pressure to do well and become anxious and nervous to attend and join in with the rest of the class. This can lead to the child showing anti-social behaviour, taking themselves out of the activity as they feel uncomfortable. This may lead to the child not socialising with the team discluding themselves from friendship groups. (Ultius, 2019)

To ensure this does not happen as a future practitioner, individual learner needs will be considered. To ensure all children are stimulated and engaged in the physical learning activity, that allows them to develop confidence, to reduce stress and anxiety even if this is working with the individual child on a one-to-one to support, before introducing into a larger group/ team.

Cognitive domains within physical education is a way for children to feel more confident when participating in activities in a school environment as it relieves the child from any problems that maybe happening in the home environment. A child's self-esteem is essential in physical education, this is when a child feels confident and satisfied in themselves (Webster, no date). As a future practitioner it is important that a child is given positive feedback or respected, it can increase their self-esteem because they know when they are doing something good. The Wichita eagle mentions that if children feel respected then they will feel more confident in what they are doing, this leads to them having a good self-esteem (The Wichita Eagle, 2010). This provides evidence that child having good self-esteem is important for physical education, developing on this, it means that children will enjoy the sessions more and participate with good motivation from themselves and the teacher, it can also help with stress relief that they may have.

Leading on from self-esteem children will be given the opportunity to take their mind off of other aspects of their life whilst participating in activities. Whether it is an extracurricular activity outside of school or an activity that is provided to them within the curriculum.

According to Harvard Health, taking part in exercise will reduce the level of stress hormones in your body, by exercising it can help to stimulate your endorphins. For instance, when endorphins are released within the body it releases a positive feeling in the body, causing a change of mood you are in (Harvard Men's Health Watch, 2018). Releasing stress from the

body helps the children to focus on their cognitive development, by having fun within their physical development; this would help them to improve on individual skills. When the stress is gone, then the children have better concentration and focus on their physical education and other subjects within the curriculum.

Subsequently, participating in physical education can have a positive impact on a child being able to concentrate better. Dr. Ratey suggests that regular exercise on a day-to-day basis can maintain a healthy body, steady blood pressure and weight. Additionally, this will keep your heart healthy. Exercise can stimulate a child's brain, which helps with your memory function and help you to increase the number of brain cells that they wouldn't usually use. When you participate in the exercise you are using more brain cells than usual. (Ratey, 2013)

The physical aim focuses on helping individual children to decrease their chances of childhood obesity; this is one of the three main aims of physical education that the writer is focusing on. According to Tibballs, physical education has been brought into the fight against obesity, she believes that physical education is not all about how physically fit a child is, but also states the importance of children learning to eat a healthy diet. (Tibballs, 2019)

Tibballs states, *'It is also about being physically healthy and looking after your body in a way that will enable you to get the most out of it.'* (Tibballs, 2019)

Supporting Tibballs, Biddle et al recommends children in primary schools do at least one hour per day of moderate-intensity activities through recreational and structured activities. (Biddle et al, 1998). On the contrary, having this in place for physical education helps them to overcome the aims presented in the introduction, to promote a healthy and happy lifestyle that children are able to take and adapt in future experiences. Participating in physical activities, you can increase the strength of your bones, as Malina and Bouchard imply that participating in physical education through childhood can have a positive effect on your body by improving body composition and musculoskeletal development. (Malina and Bouchard, 1991)

In conclusion, the three main aims that the writer has critically discussed within this essay includes; social, cognitive and physical development. As a future practitioner, it is the duty to provide the knowledge and understanding that children need as part of their future experiences on a daily occurrence. This illustrates the importance for teachers to promote physical education into the curriculum, as this allows all child to gain the same informational input on how to stay healthy both inside and outside of school. Educating children on obesity and the negative affects it has on their overall health and what diseases they can get by not

looking after themselves. In summary, from previous experiences within practice it has been observed during a particular activity that involved a group of children working, developing and growing as a team, by communicating with one another, gaining confidence and the opportunity to feel valued within the team. The children were able to talk to each other to discuss any emotions and worries they may have, compromising on decisions made between the team to supporting their cognitive development. Lastly, they were able to grow stronger as a team and individually, carrying out team stretch routines and supporting one another in game situations.

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