



LEVEL 4

SEMESTER 1

MODULE CODE: SHSS4073

Physical Education the Child and the Curriculum

ASSESSMENT TYPE: WRITTEN ESSAY

ASSESSMENT/COMPONENT: 1

COMPONENT WEIGHTING: 50%

WORD COUNT: 1500 WORDS

MODULE TUTOR: Dylan Blain

Essay title:

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

SUBMISSION DETAILS:

3pm – 22nd November 2019 via Turnitin

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name:

Module: Physical Education the Child and the Curriculum

Module Code: SHSS4073

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.									
What do you consider to be the best aspects of this work?	My overall conclusion								
Which aspects do you consider could have been improved in this piece of work?	My research could be improved, I could have spent more time focuses on that.								
What have you found most satisfying whilst undertaking this submission?	Learning where I need to improve when planning and writing an essay								
ASSESSMENT CRITERIA	Learning Outcome	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:		

Assignment Checklist

- ☐ Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment
- ☐ Submission is a **single .pdf file, clearly labelled** with your name and module code
- ☐ Font style - Times New Roman, size -12 for text and 14 for headings
- ☐ Ink colour – black only
- ☐ Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins
- ☐ Quotations more than three lines to be indented 1 line spacing
- ☐ One line space between paragraphs, paragraphs must be left aligned
- ☐ Pagination (your assignment should have **page numbers**)
- ☐ All tables and figures are internally referenced and have a title
- ☐ **Word count** checked and written at end of text (before references and any appendix)
- ☐ Assignment is within 10% of the word limit (excluding references and any appendices)
- ☐ **All** references in the text are included in the reference list
- ☐ **Correct referencing as described in UWTSD Harvard Referencing Handbook on the Library website** <https://www.uwtsd.ac.uk/media/uwtsd-website/content-assets/documents/library-and-learning-resources/infoskills/harvard-eng.PDF>
- ☐ Correct spelling and punctuation, using **UK English**
- ☐ Grammar and syntax correct- double check anything that has a green line under it
- ☐ I have read my assignment out loud to myself and it makes sense and is easy to read
- ☐ Somebody else has read my work and it makes sense to him or her!
- ☐ **I have checked and I have not plagiarised**

**Failure to follow these guidelines will
cost you marks!**

Identify and Justify What you Consider to be the three most important aims for Physical Education

Physical Education (PE) has many aims, ranging from physical health to emotional development. In this essay, I will look at what I would consider to be the three most important, those being the physical development, emotional development and social development of students. All three of these aims are vital to the growth and maturation of children through to their adult life. The aims can also interrelate to each other when working towards educating the pupils about the importance physical activity has on them through their lives inside and outside of school.

The first, and what may be the most obvious aim with it being in the subject's title is the physical benefits that come from PE, this can be separated into two sub-categories; those being physical development and overall physical health. Giving the pupil's the information and experience to understand how their body reacts positively and negatively to physical activity is a key aim of PE.

Giving children the opportunity to understand how being active daily is important, Great Ormond Street Hospital (GOSH) (2013) suggest that children and young people aged between 5-18 should be getting at least 60 minutes of daily exercise, and with the Wales National Health Service (NHS) (2018) stating that "27.1% of children in Wales are overweight or obese compared to 22.6% in England." the health of children in this country is a concern. Having children work towards being more active can improve their health and the stress that can land on the NHS when unhealthy weights become an issue.

The National Assembly of Wales (2019) have said:

"Physical inactivity is considered to be the fourth leading risk factor for mortality. The Welsh Government has previously estimated the cost of physical inactivity to Wales as being £650 million per year. We know that active children are more likely to become active adults and we also know the importance of physical activity in tackling obesity"

Understanding how to live a healthy lifestyle can affect their adult life, with inactivity being a high leading factor to multiple health conditions (NHS 2012) such as:

- coronary heart disease
- high blood pressure
- stroke
- type 2 diabetes
- breast and colon cancer

the habits they learn while young and take into adulthood can reduce the risks of these conditions, allowing them to live longer lives while taking any stress that can be added to the NHS.

Teaching children basic habits in a fun way through PE can change the way they are outside of school, for example, if a certain sport is done during a PE lesson and a child finds they really enjoy it they can then go and pursue that sport outside of school, therefore, they become more active and healthier through their new hobby.

During puberty teenagers go through changes with their height and weight, growth spurts happen at a fast rate during puberty and learning to adapt to the change in their physicality can be aided during PE. Weight also goes through a change due to puberty, so controlling the weight during this period can become more difficult but with PE the physical aim and help maintain a healthy weight even through these changes.

Secondly is emotional development, in PE sport is a heavy focus and with sports comes positive and negative experiences in both team and individual situations. Helping children learn how to cope with experiences such as winning and losing, and how they should treat others who are experiencing these too is key to them maturing. Coping with emotions can be difficult for everyone no matter they're age but children especially struggle to deal with their emotions at an early age as they haven't learnt the communication skills to deal with certain situations, a common trait tends to be crying when angry and not being able to express through words how they feel. Using the experiences in PE can help gain those skills needed to translate their negative feelings into words instead of lashing out.

Losing in sports can be difficult to take in, a lot of thoughts can go through a child's head but being in an environment where they are learning to adapt and understand those emotions can lead them to get through tougher times and situations in life as they grow.

It's not just children that can learn from those experiences, teenagers struggle with their emotional well-being on a daily basis especially with the onset of puberty moods can become unpredictable and with mental health concerns in young people rising over the years implementing physical activity through PE lessons can help them cope with the stresses and mood-swings. The World Health Organization (WHO) (2019) has stated "An estimated 10–20% of adolescents globally experience mental health conditions, yet these remain underdiagnosed and undertreated" and with that statistic it's no surprise that "Suicide is the third leading cause of death in 15-19-year-olds" (WHO, 2019).

Exercise releases endorphins, these are powerful chemicals in your brain that energize your spirits (Help Guide 2019), these chemicals that are released can reduce stress and as teenagers have a lot of stress put on them during high school with exams, aiming to improve their emotional state in PE can follow through to other areas in school.

Lastly is the pupil's social development, as stated before sport is a big part in PE lessons, and a lot of sport is team-based. Playing in teams can help children and teenagers build on their social skills, and how they communicate with others around them.

One of the key social skills learnt can be cooperation, and in the current curriculum (WAG 2008) competitive activities are part of the programme of study, within this section the WAG suggest that pupils are given the opportunity to cooperate with others, doing activities in

teams can teach children and teenagers how to be empathetic and how to get along with fellow pupil's no matter their differences. Within the teamwork a leadership skill can be built, pupil's acting as a captain in team sports allows them the experience of giving out directions to a group of people.

Through the social aspect within PE young people can gain confidence, as teenagers go through puberty self-esteem can become low and with the rise in social media the pressure on young people has increased, the confidence that can come from the different social skills built is important to their self-esteem and how they think about themselves.

All three of these aims can be looked at individually, they all have their separate effects, but they also work together and interrelate to each other overall. Learning to be physically active more often will follow on to improvement in their emotional state with the reduction in stress through exercise, and the communication skills they learn can help them express their thoughts and feeling during situations. The variety of skills learnt through the different aims allows for positive maturation in a fun environment. As the Association for Physical Education (2015) definition of PE is:

“the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both ‘learning to move’ (i.e. becoming more physically competent) and ‘moving to learn’ (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others)”

It shows that PE is more than just physical activity, it's a way to teach children other skills through movement.

In conclusion, I consider these aims the most important as they have a big impact on the pupil's growth and future, and all 3 of these aims can interrelate to each other in the long run. Children learning about a healthy active life through physical education impacts them as an individual, allowing them to live a healthier lifestyle as an adult lowering their chances of preventable diseases. The social skills they learn and inherit through school sport within PE that can be used in other areas of their lives such as future job opportunities are vital to their maturing, learning to get along with fellow pupils in sport leads onto getting along with co-workers, and the emotional development they gain is important to the bigger negative and positive situations they experience in adulthood.

Word Count: 1363

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