

Report
Review of Curriculum for Health and Physical Education
Grade VI to VIII

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Review of Curriculum for Health and Physical Education Grade VI to VIII

Comments and Suggestion

The undersigned Provincial Review Committee of Health and Physical Education held a meeting at Government Elementary College of Education (M) Hyderabad on 12-11-2014 to 14-11-2014. Meeting started with recitation from Holy Quran and introduction of Members and go on task that its first time to introduce this subject in Sindh Province. No doubt it is important subject by which General Education improve and effective that's this subject is compulsory at secondary school level for quality of education improved, in this regard a common proverb that "A sound mind is in a sound body" Education relate with sound mind and sound mind is in a sound body and sound body provide sound mind.

As well as physical education is on of the integrated part and parcel of the total education of every child and is very closely related to all other creative and learning experience in the making a significant contribution to harmonious development of the mind and body.

Comments

The Curriculum contain essential knowledge and clear concepts focused on three ideas by Physical Activity, Active living and Health living that this Curricula reflect international curricula and fulfill the need of children education as well as remedial of disabilities means significant changes in the students lifestyle contents are according to mental level of student particularly standards. Bench Marks and SLOs provides smooth way in which student will be also assessed in the subject. There is relevancy in designing Curriculum for the above said grades and easily approach for publishers writers. However committee need some suggestions i.e. minor additions and alteration for improving thoroughly.

In view of the conscious effort of the Government to promote excellence in games and sports, the syllabus provides for indoor and outdoor games for school children. It seeks to create a broad based approach for the enhancement of skills and nurturing potentially talented children in games and sports.

For effective implementation of the subject of Health and Physical Education the Committee identified three themes and these included:

1. We and our environment
2. Social health and relationship with others.
3. Consumer Health: Vocational and leadership aspects.

Suggestion

Grade-VI

Page No.	Content	Justification S.L.Os
15	Chapter No. III Incorporate Safety Education 3.1 rules of safety	Describe the rules of safety and importance of safety rules.
	Chapter No. IV 4.1 Hygiene Education Cleaning after meals	Describe importance of washing hands. Explain the benefits of cleaning after meals.
16	Chapter No. V Food and Nutrition Need of food	Describe the importance of food
	Chapter No. VI Educational Gymnastic Neuro Muscular Coordination	Describe in detail the importance of Neuro Muscular

Grade-VII

Page No.	Content	Justification S.L.Os
19	Chapter No. III Nutrients of food 3.1 Source of food 3.2 Test of food	Define awareness of source of food. Explain in detail the test of food.
21	Chapter No. VI Body posture 5.3 Body Movement	Describe in detail the role of body movement.

Grade-VII

Page No.	Content	Justification
Page 19	Chapter No. 1 Physical Education	
	Aims and Objectives	SLO-I Define and explain the importance of Physical Education.
		SLO: Define and describe the Aims and Objectives of Physical education.
Page 19	Chapter No. 2 Content 2.5 Add Public Places sanitation Chapter 4 Incorporate Gastroenteritis	New SLO create awareness about the Public Places sanitation (Masjid, School, Market) Explain the awareness of prevention.
Page 21	Chapter 5 Body Posture:	It is not clear concept of posture so it may be added as the word "Body Posture" so this amendment may be incorporated in SLOs. First SLO (New) Define Body Posture" .
Page 15	Ad. 3.3 Safety Measured in emergency	Grade 6, Chapter No. 3 Become the age of students are unknown from safety measures during game activities.
Page 15	Add 4.2 Personal and Public Hygiene Education.	SLO Awareness of personal to and public hygiene in daily life.
Page 16	5.3 components of Food	SLO Describe in detail the components of food
21	Chapter 6 Educational Gymnastics	SLOI Correction Differentiate between Gymnastics and Educational Gymnastics.

	The last SLO stand at Serial No. 3	
21	Add: 6.1.5 Strength and Judgement	SLO Demonstrate how to use the strength different activities applied for
	Chapter 7 Athletics the marking	
2	Last SLO corrected as	Draw sketch of the athletic track events.
22	Games Wrestling may be deleted. Indigenes games Wanjhwat	No. 6 SLO may be deleted which is unrelated and to describe the indigenes games style and strength.

Grade-VII

Page No.	Content	Justification S.L.Os
24	Chapter No. II Recreation	Describe the benefits and importance of recreation activities.
27	Chapter No. VII Sports injuries 7.1.4 Conmen injuries of bones 7.1.7 Measures preventions from injuries.	Describe various types of bone injuries. How to protect of injuries during activities.
28.	Chapter No. VIII Athletics 8.2 Javelin Throw	Describe the rules of javelin throw <ul style="list-style-type: none"> • Practice and explain the skills of javelin throw