

Physical Education with social distancing and no/little equipment: Challenge accepted!/*Liggaamlike Opvoeding met sosiale afstand en geen/min apparaat: Uitdaging aanvaar!*

Presented by: North-West University

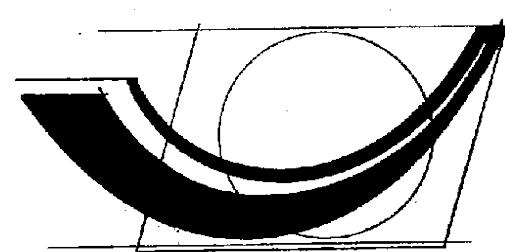
Subject Group: Movement Education

Prof Dorita du Toit [Subject group leader]

Dr Nico(Niekie) vd Merwe

Me Annerie Kruger

Me Charlene Engelbrecht



BEWEGINGSKUNDE

Program

Introduction/**Inleiding** (motivation for Physical Education/motivering vir Liggaamlike Opvoeding)

Improvisation of apparatus/**Improviseering van apparaat**

Games and sport/**Sport & spele**

Basic motor skills, sport skills & physical fitness/**Basiese motoriese vaardighede, sportvaardighede & fisieke fiksheid**

Educational dance/**Opvoedkundige dans**

Educational gymnastics/**Opvoedkundige gimnastiek**

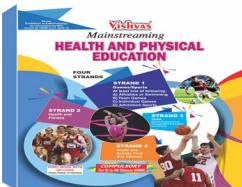
Consolidation & closure/**Konsolidering & afsluiting**

Questions/**Vrae**



Introduction (motivation for Physical Education)/Inleiding (motivering vir Liggaamlike Opvoeding)

- Subject within a subject: Part of Life skills/Life Orientation/Deel van LV/LO
- **Vak binne 'n vak** 1 period/week COMPULSORY/1 periode/week



- **Physical Education:** Phys Ed Assessment plan/Assesseringsplan
30 marks out of 100/30 punte
compulsory subject (Grade R -12)/verpligtend
- **Liggaamlike Opvoeding** Aim – Everybody participate/Doel – almal
life long participation/lewenslange deelname
enjoy physical activity/geniet aktiwiteit

Benefits:/Voordele

feel good, look good, perform better (academic, sport, etc./voel & lyk goed, presteer beter

better health (economic impact – Europe/SA) **ISCA**

almost EVERYBODY exercises e.g. after lockdown/**ALMAL oefen na inperking**

TV – program - Benefits of exercise/**Voordele van oefening** (KN Pandemie – 8 Sept 2020)

(ISCA Newsletter 8 Sept 2020)



[https://www.youtube.com/watch?v=KBeWvRzwnRk&feature=youtu.be&ct=t\(September_2020\)](https://www.youtube.com/watch?v=KBeWvRzwnRk&feature=youtu.be&ct=t(September_2020))

Physical Education/Liggaamlike Opvoeding

Physical Education in the world/Liggaamlike Opvoeding wêreldwyd

- UNESCO concerned about Physical Education, Sedentary Life Styles & Physical Health
- World Summit for Physical Education in Berlin in 1999, Berlin Agenda tabled and accepted – each and every school MUST give **EVERY child** the opportunity to participate in structured Physical Education once per week (ICSSPE, 1999; DoE, 2000)
- UNESCO (United Nations Educational, Scientific and Cultural Organization) (1978). **International Charter of Physical Education and Sport.** [<http://www.unesco.org/new/en/social-and-human-sciences/themes/physical-education-and-sport/sport-charter/>].
- UNESCO (2016). **Quality Physical Education.** [<http://unesco.go.ke/social-sciences/36-csr/260-quality-physical-education.html>]



Physical Education in South Africa/Liggaamlike Opvoeding in SA

- SA government neglected this component/**Agterweë gelaat in SA**
- Department of Education to address the UNESCO concern in SA/**DoE spreek dit aan**
According to the South African National health and nutrition examination survey (NHANES-1) the combined overweight and obesity prevalence in 13, 5% in children aged 6-14 years old, which is higher than that 10% global prevalence.
[Physical Education can play major role in solving these challenges]/**Obesiteit – Ligg Opv kan dit aanspreek**
- National Department of Education – 1 January 2008 – Life Skills/Life Orientation compulsory from Grade R – 12
Physical Education part of Life Skills/Life Orientation/**LV/LO verpligte vak van Gr R – 12.**
[All schools, 2 compulsory Life/Skills/Life Orientation periods per week – 1 period compulsory Physical Education per week] /**Verpligte Ligg Opv periode op ALLE skoolroosters**
[Physical Education within Life Skills/Life Orientation formally assessed, recorded and reported]/**Verpligte assessering**



Research/Navorsing

- SAUPEA:

(South African University Physical Education Association – 9 universities);
National research in co-operation with UNICEF & DBE/navorsing
“State and Status of Physical Education in Public Schools of South Africa” (ISBN: 978-0-620-81956-5)
72 schools, 2681 questionnaires/72 skole, 2681 vraelyste
concern – Physical Education not presented in schools/**Bekommernis – word nie aangebied**

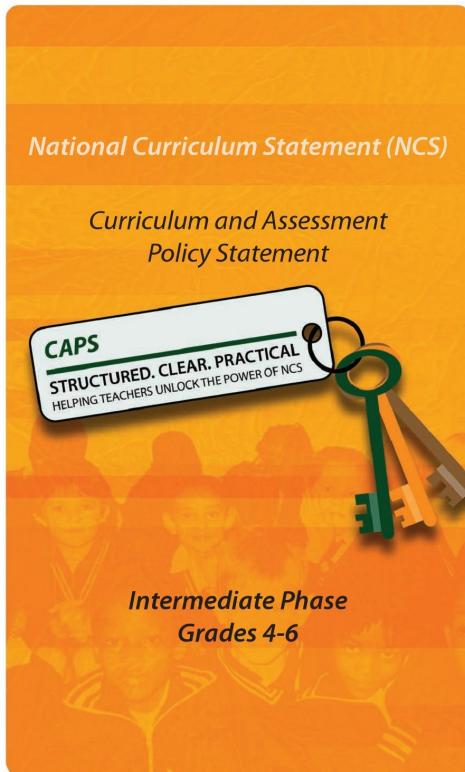

- Research findings:
- Navorsingsbevindinge:

“A society’s prosperity depends on its people’s health.
And the one space that people have for health in schools is physical education.” (Cleophas, 2014)
Impact of physical activity on academic performance/akademie
(Du Toit, 2015)
Self Determination Theory- SDT (Deci & Ryan)/Outonomiteit – kies self
- Social Distancing:
- Sosiale distansiëring:
1.5 – 2 meters/meter
wash hands/was hande
masks/maskers
clothing/kleredrag



CAPS Intermediate Phase/KABV Intermedière fase

ENGLISH FIRST ADDITIONAL LANGUAGE



CAPS Intermediêre phase/KABV Intermediêre fase

Grade 4	Grade 5	Grade 6
<ul style="list-style-type: none">Different ways to locomote, rotate, elevate and balance, using various parts of the body with controlA variety of modified invasion gamesRhythmic movements with focus on postureBasic field and track athletics or swimming activitiesSafety measures	<ul style="list-style-type: none">Movement sequences that require consistency and control in smooth and continuous combinationsA variety of target gamesRhythmic movements and steps with attention to posture and styleA variety of field and track athletics or swimming activitiesSafety measures	<ul style="list-style-type: none">Physical fitness programme to develop particular aspects of fitnessA variety of striking and fielding gamesRhythmic patterns of movement with co-ordination and controlRefined sequences emphasising changes of shape, speed and direction through gymnastic actions or swimming activitiesSafety measures

- No/little apparatus//Geen/min apparaat

NO excuse – Prof du Toit will brief you on this now..../GEEN verskoning nie – Prof du Toit sal u kortlik nou hieroor inlig....

Consolidation & closure/Konsolidering & afsluiting

Consolidation & closure: understand the importance of Phys Ed/[belangikheid Van Ligg Ovp](#)

“legal” responsibility towards learners/country/[wetlike verpligting](#)

NO choice – this is our RESPONSIBILITY!!!!/[VERANTWOORDELIKHEID](#)

Article in the “Potchefstroom Herald” – 2 September 2020

“The brain science of the creation of happiness and wellness” (Johan van Zyl)



“Prof Pieter Kruger of the NWU, a clinical psychologist and director of the Centre for Health and Human Achievement as well as his colleague, Dr Greg Lamb, a paediatric neurologist and senior lecturer at the Institute for Psychology and wellness, share the following interesting facts on how the brain can be coached to generate happiness and wellness.

It can be of great benefit to understand the working of the human brain.

Something as simple as regular exercise, e.g. brisk walking, will immediately notify the brain that what you are busy doing is very important and makes you aware to be attentive as well as involved.

Dr Lamb says that if you move on a regular basis, it will not only remove the stress hormone, cortisol, from your system, but it will also releases the neurotrophic growth factor from the brain (BDNF), in layman’s terms also known as brain feeding (brain fertilizer).

This plays a life changing role in learning, memory retention and higher-order thinking processes, the activation of the dorsal hypo campus and the formation of positive emotional associations.

All these influences one's self image. Exercise, e.g. take a brisk walk, cycle, etc. that can assist the brain to be less anxious and allows a person to participate more in life.

As soon as you participate more in life, your brain will award you with more happiness, wellness and good health.”

WHAT ARE WE WAITING FOR? NO EXCUSES, LET'S PRESENT PHYS ED!!!

Consolidation & closure/Konsolidering & afsluiting

Consolidation & closure: understand the importance of Phys Ed/belangrikheid Van Ligg Opv

“legal” responsibility towards learners/country/wetlike verpligting

NO choice – this is our RESPONSIBILITY!!!/VERANTWOORDELIKHEID

Artikel in die “Potchefstroom Herald” – 2 September 2020



“Die breinwetenskap van die skep van geluk en welstand” (Johan van Zyl)

“Prof Pieter Kruger van die NWU, ‘n kliniese sielkundige en direkteur van die Sentrum vir Gesondheid en Menslike Prestasie en sy kollega, dr Greg Lamb, ‘n pediatrise neuroloog en senior lektor by die Instituut vir Sielkunde en Welstand, deel interessante feite oor hoe die brein afgerig kan word om geluk en welstand te skep.

Dit is baie nuttig om die werking van die brein te verstaan.

Iets so eenvoudig soos gereelde beweging bv. vining stap, sal onmiddellik die brein in kennis stel dat wat jy doen belangrik is, en jou bewus maak om oplettend en betrokke te wees.

Dr Lamb sê dat as jy op ‘n gereelde basis beweeg, dit nie net kortisol (die streshormoon) uit jou stelsel sal verwijder nie, maar dit sal ook neurotropiese groefaktor vanaf die brein (BDNF) vrystel, wat in gewone taal as breinvoeding (brain fertilizer) bekend staan.

Dit speel ‘n lewensbelangrike rol in leer, geheuevaslegging en hoë-ordedenke, die aktivering van die dorsale hippocampus en die vorming van positiewe emosionele assosiasies.

Al hierdie dinge beïnvloed ‘n mens se selfbeeld. **Oefening, soos bv. stap, fietsry ens.** kan die brein ondersteun om **minder angstig te wees en jou toelaat om by die lewe betrokke te wees.**

Sodra jy meer by die lewe betrokke is, sal jou brein jou met geluk, welstand en gesondheid beloon.”

WAARVOOR WAG ONS? GEEN VERSKONINGS, KOM ONS BIED LIGGAAMLIKE OPVOEDING AAN!!!

Contact information/Kontakinligting

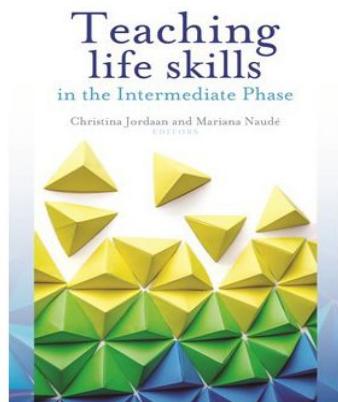
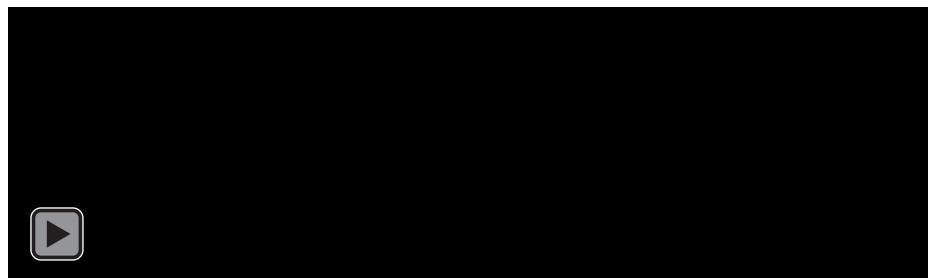
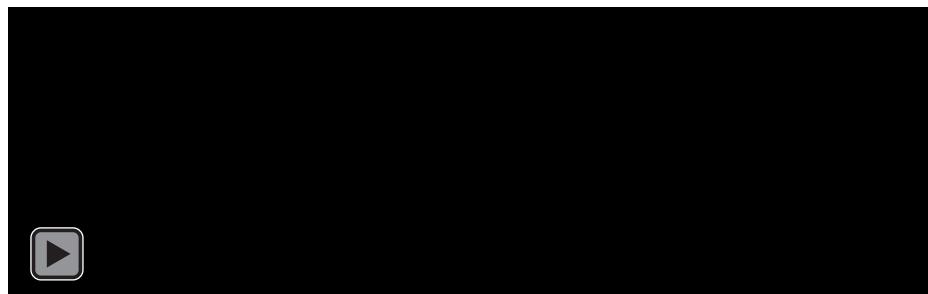
Please contact us for more information/Kontak ons asseblief vir meer inligting

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Physical Education is NOT a textbook taught subject
Liggaamlike Opvoeding is NIE 'n handboek gedrewe vak nie

Thank you/Baie dankie

[\(ISCA Newsletter 8 Sept 2020\)](https://www.youtube.com/watch?v=KBeWvRzwnRk&feature=youtu.be&ct=t(September_2020))