



Lectures in
"motor skills"
(First Division - Basic Education Division)
Hurghada College of Education

Academic year

2022/2023

content

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The concept of movement education

Physical education is a crucial aspect of a student's overall development, and it goes beyond just participating in sports activities. It involves educating students on the importance of physical activity and exercise in maintaining a healthy lifestyle. Physical education aims to provide students with the knowledge, skills, and attitudes necessary to lead physically active lives, both now and in the future.

One approach to physical education that has gained popularity in recent years is the concept of "movement education" or "kinesthetic learning." Movement education is a teaching method that focuses on the development of motor skills and coordination through physical activities and games. The goal of movement education is to help students learn through movement, allowing them to develop both their physical and cognitive abilities.

The concept of movement education is based on the belief that the mind and body are interconnected, and that physical activity can enhance cognitive functioning. It emphasizes the importance of incorporating physical activity into the learning process, as it has been shown to improve academic performance, memory, and attention span.

Movement education involves a variety of activities, including games, sports, dance, and gymnastics. These activities are designed to develop fundamental movement skills, such as running, jumping, throwing, and catching, as well as more advanced skills, such as balance, coordination, and agility.

In addition to physical benefits, movement education can also help to promote social and emotional development. Through physical activity and team sports, students can learn important life skills such as teamwork, communication, and

leadership. These skills can be applied not only in the classroom but also in their personal and professional lives.

Overall, movement education is an effective and holistic approach to physical education that focuses on the development of the whole child. It promotes physical activity, cognitive development, and social-emotional learning, helping students to become healthy, active, and engaged learners.

Health and physical education:-

health is not only to be free of diseases but also to have a great deal of physical and mental abilities among the members of society . There is a close relation between health education and physical education and we have to emphasize it through the relationship between good nutrition with its consequent ability to exercise sport activity efficiently and the relationship between spending the spare time in a way that helps revitalize the body through practicing the sports activities and the affects of the person 's health . The matter that requires the development of knowledge that sport should be one of the life requirements . Honcker says that sport and physical education are playing an important role in the health level of the people where they are help the people to obtain a healthy life through the frequent going to the grounds reduce the going to doctors .

We always emphasize that the development of the physical capabilities of the person is one of the main contents to configure the developed personality . Therefore, we should put in our considerations that sports have a great importance in maintaining the health level of the people . So we must work to provide the physical possibilities for practicing sport and pay an attention to the role of physical education in the society and promoting it the work of increasing the practitioners of it .

Education and physical education :-

Education is connected to different fields in the society through its main mission which is preparing and building the future's generations of young people in order to get the creative and producing work for the society so the different social fields

become apart of the school 's targets ,and to be put in the education's target as well where it works to educate and preparing the future's generations of young people .

And educational but it is wrong to identify each section as if expressing a building isolated in itself every section is added to the rest of the lesson to be all.

There are different opinions to divide the lesson summarized in the following_ :

***The lesson is divided into:**

Introductory part.

The main part.

_Treatment of the new material.

_General fitness.

Follow-up performance.

_Competition.

Closing

***In the Arab Republic of Egypt, the lesson is divided as follows:**

Introduction (introductory part(.

Physical exercises (physical preparation(.

Educational part.

Applied part.

Sealing part.

***In the State of Kuwait is divided as follows:.**

A "primary stage."

Motion activity (introductory part.)

Education activity.

Application activity

Closing

B_ (intermediate stage, high school)

General Discussion

Educational activity

Application activity

Final activity

The primary objective of the introductory part is the physical and psychological preparation for the various body organs to carry the burden of the next pregnancy in the lesson and the so-called warm-up which is a process that affects the circulatory system, muscles, nervous system and biochemical processes.

Warm-up must prevent injury, and to prepare the **students for the subsequent activities**.

During the initial stage, the pregnancy should be gradually increased. The most appropriate activity for this part is the running part, the jib, the jump, and the flexibility and flexibility exercises. Activities in the part should be easy and do not carry a large load, and should be performed in different forms so as not to be boring. For example, running in a circle, locomotive,

locomotives or in straight paths to allow diversification. There are other diversions such as rhythmic jogging and reciprocal walking.

It is also necessary to diversify the shapes of the jug and the jump to be free or on tools in multiple ways.

Collecting basketball , hand and football...and individual competitions such as field and track, such as running ,jumping, throwing and pushing...as well as exercise , gymnastics, water sport and concessions. Therefore, when determining the content of the physical education curriculum, it is necessary to choose a variety of sport activities so that we gain the students attention to what we provide them. another reason why we are concerned about the necessity of the diversity of these activities is related to individual differences. many of the research conducted in the field of physical education has shown that students differ in their degree of preference for different types of activities. Activities should also vary in light of the physical and human potentials and temporal and spatial arrangements for the implementation of their curricula. For example, the curriculum does not include sports activity such as swimming while there is no swimming pool available for practicing.

These are the most important criteria that must be taken into account when choosing the content of the curriculum

-_organize curriculum content:

There is no doubt that the content of the curriculum and its educational experience need to be organized in a way that helps achieve the objectives of the curriculum and in many cases is not due to the ineffectiveness of the curriculum to the inadequacy contained, but maybe due to the fact that this content and educational expertise was organized improperly. Thus, the organization is a basic process in the construction and development of the curriculum, which effects the great impact in the degree to which the changes in educational learner how the education and existence.

And the organization of the content of the curriculum and the experience of educational issue raised a lot of controversy and therefore the question that imposes itself here is how to organized the curriculum and activities? So that we have the best conditions to achieve the objectives of this approach.

There are two trends in the organization of one logical and the other psychological content, which we all briefly discuss below:-

*** Sports move (earned, skill)**

The movement can be: - positive movement, or negative movement

Positive movement: It is the movement towards the desired goal.

Negative movement: It is the movement whose direction is not towards the desired goal, and all primitive movements are negative movements.

Movement is measured by three factors:

a- Time: It is the time taken between two points.

B- Sphere: It is the center confined between one point and another.

T - Dynamic: It is the driving force of the body, as force is the basis that governs movement.

Factors that Affect Movement: An Overview

Movement is a complex process that involves various factors, both internal and external. These factors can influence movement in different ways, and understanding them is crucial for promoting healthy physical development and improving athletic performance. In this article, we will explore some of the key factors that affect movement.

Genetics

Genetics plays a crucial role in determining our physical abilities and limitations. Some people are naturally more gifted in certain areas of movement, such as speed, agility, or flexibility, due to their genetic makeup. However, genetics is not the sole determinant of movement, and it can be influenced by other factors such as training and environment.

Age

Age is another important factor that affects movement. Infants and young children have limited control over their movements and rely mostly on reflexes to move. As they grow older, they develop more refined motor skills and gain better control over their bodies. However, aging also brings about physical changes that can affect movement, such as loss of muscle mass, joint stiffness, and decreased reaction time.

Physical Training

Physical training is one of the most significant factors that affect movement. Regular exercise and training can improve strength, flexibility, endurance, and coordination, which can enhance movement capabilities. On the other hand, a lack of physical activity or sedentary lifestyle can lead to poor movement patterns and decreased physical abilities.

Nutrition

Nutrition plays a vital role in providing the body with the energy and nutrients needed for movement. Proper nutrition can help maintain muscle mass, bone density, and overall physical health. Inadequate nutrition or poor dietary choices can lead to muscle weakness, fatigue, and decreased movement performance.

Environment

Environmental factors, such as temperature, humidity, and altitude, can also affect movement. High temperatures and humidity can increase fatigue and decrease performance, while high altitude can cause decreased oxygen levels, leading to decreased endurance and increased fatigue.

Psychological Factors

Psychological factors, such as motivation, anxiety, and stress, can also affect movement. Positive motivation can enhance performance, while negative motivation can lead to decreased performance. Anxiety and stress can also have a negative impact on movement performance by affecting focus, coordination, and reaction time.

In conclusion, movement is a complex process that is influenced by various internal and external factors. Understanding these factors can help individuals improve their movement capabilities and enhance their physical health and performance. By incorporating regular physical training, proper nutrition, and a supportive environment, individuals can optimize their movement potential and achieve their goals.

Physical skills, or motor skills, are a key component of human development and allow us to interact with our environment in a meaningful way. These skills are divided into two categories: gross motor skills and fine motor skills.

Gross motor skills refer to larger, whole-body movements such as walking, jumping, and running. These skills involve the use of larger muscle groups and are essential for activities such as sports and physical fitness. Developing gross motor skills also improves balance, coordination, and overall physical fitness.

Fine motor skills, on the other hand, refer to smaller, more precise movements such as writing, using utensils, and tying shoelaces. These skills require more precise control of smaller muscle groups, such as those in the fingers and hands, and are essential for activities such as drawing, playing musical instruments, and manipulating small objects.

Both gross and fine motor skills develop over time and are influenced by a variety of factors. Some of the factors that can affect the development of motor skills include genetics, environment, and experiences.

Genetics can play a role in determining a person's level of physical ability and coordination. However, environment and experiences can also have a significant impact. Children who are exposed to a variety of physical activities and have access to safe spaces for play are more likely to develop strong motor skills. In contrast, children who are sedentary and spend a lot of time sitting may experience delays in their motor skill development.

Another factor that can affect motor skill development is physical and cognitive disabilities. Children with conditions such as cerebral palsy or Down syndrome may have difficulty developing certain motor skills, but with targeted interventions and therapies, they can still make progress.

It is important to note that motor skills are not just important for physical activities, but they also play a role in cognitive development. For example, research has shown that children who have well-developed motor skills also perform better in academic subjects such as math and reading.

In conclusion, there are two main categories of motor skills: gross motor skills and fine motor skills. The development of these skills is influenced by a variety of factors, including genetics, environment, experiences, and any physical or cognitive disabilities. Developing strong motor skills is important for overall physical and cognitive development and can have a positive impact on a child's academic success.

Some terms for learning motor skills:

Learning motor skills is an essential part of human development and can be defined as the ability to perform physical movements with precision and efficiency. This ability is acquired through practice and repetition, and can vary depending on individual differences, such as age, gender, and level of experience. Here are some key terms related to the learning of motor skills:

Motor Learning: The process of acquiring and refining motor skills through practice and feedback.

Practice: The act of performing a task repeatedly to improve performance and increase skill level.

Feedback: Information about performance that is used to modify and improve subsequent attempts at the task.

Transfer of Learning: The ability to apply a previously learned skill to a new task or situation.

Skill Acquisition: The process of learning and developing a new skill.

Performance: The execution of a skill or task.

Retention: The ability to maintain a learned skill over time.

Generalization: The ability to apply a learned skill to a variety of tasks and situations.

Adaptation: The ability to modify a learned skill to meet the demands of a new task or situation

Movement: Was the search engine or what not.

Motor Program: The exciting thing is that the stimulus initiates a series of motor responses that will complete themselves without the need for feedback.

Training: His views on motor learning.

Mental training: The use of cognitive visualization in training how to perform chains of movements.

Motor functions: It is a continuous repetition of a performance of a particular movement.

Motor tasks: Performing a set of movements separates the periods of non-contraction (body stillness)..

Play as a Part of Motor Activities in the Educational Process

Play is a fundamental component of childhood development. As children grow, they rely on play to develop social, emotional, cognitive, and physical skills. While play is often seen as a leisure activity, it is also an integral part of movement activities in the educational process. In this article, we will explore

the role of play in movement activities and the benefits it can offer to children's development.

Play-based learning is a popular educational approach that promotes learning through play activities. Movement activities that incorporate play can enhance children's physical and cognitive development, as well as foster social and emotional growth. In educational settings, movement activities that include play can also help children stay engaged and motivated, improving their overall learning experience.

There are various types of play that can be incorporated into movement activities. For example, structured play involves the use of rules and guidelines to guide children's play activities. This type of play can help children learn social skills such as cooperation, negotiation, and conflict resolution. Unstructured play, on the other hand, allows children to explore freely and engage in play activities of their own choosing. This type of play promotes creativity, independence, and decision-making skills.

Movement activities that incorporate play can also have significant physical benefits for children. Active play activities can help children develop gross motor skills such as running, jumping, and climbing. Fine motor skills, such as hand-eye coordination and dexterity, can also be improved through play activities that involve small movements, such as drawing, manipulating small objects, or playing with building blocks.

In addition to physical benefits, play-based movement activities can also enhance children's cognitive development. These activities can improve problem-solving skills, memory retention, and the ability to focus and concentrate. Children can learn about cause and effect through play, and develop their critical thinking skills as they explore and experiment with different activities.

Play can also offer social and emotional benefits for children. Play activities that involve social interaction, such as team games or role-playing, can help children develop social skills such as communication, empathy, and cooperation. Play can also provide children with a sense of control and agency, allowing them to explore their emotions and express themselves in a safe and supportive environment.

When incorporating play into movement activities in the educational process, it is important to provide children with a range of play options. Children have different preferences and learning styles, and providing a variety of play activities can help to cater to these individual needs. It is also important to provide children with adequate space and materials to facilitate their play activities.

In conclusion, play is an essential component of childhood development and can be incorporated into movement activities in the educational process to enhance children's physical, cognitive, social, and emotional development. Play-based learning can provide children with a fun and engaging way to learn and explore new skills, and can help to create a positive and supportive learning environment. By providing children with opportunities for play-based movement activities, we can help to support their overall growth and development.

Play is an essential aspect of childhood, and it is through play that children learn important physical, social, emotional, and cognitive skills. Play can take many forms, from structured activities like sports and games to unstructured free play, and it can be done alone or with others. In recent years, there has been an increasing focus on the importance of play in education, and specifically, the role of play as part of physical education.

One form of play that has gained attention in the education community is tinkering or free exploration. Tinkering involves exploring and experimenting with materials and objects, often in an unstructured and self-directed way. It is a form of play that encourages creativity, problem-solving, and risk-taking, all while building physical skills like hand-eye coordination and fine motor skills. Tinkering can involve a wide range of materials, from traditional toys like blocks and Legos to everyday objects like cardboard boxes and recycled materials.

Tinkering can be incorporated into physical education in a number of ways. For example, educators can set up a tinkering station in the gym or classroom, where students can explore different materials and objects in a self-directed way. Teachers can also incorporate tinkering into structured activities like obstacle courses or team building exercises, where students are encouraged to think creatively and problem-solve to complete a task.

In addition to promoting physical skills, tinkering can also foster social and emotional development. Tinkering encourages collaboration and communication as students work together to experiment and problem-solve. It also promotes resilience and a growth mindset, as students learn from their mistakes and develop perseverance in the face of challenges.

While tinkering may seem like a simple and unstructured form of play, it has significant benefits for children's development and can be an effective tool for educators to incorporate into physical education. By providing opportunities for free exploration and experimentation, educators can help children build important physical, social, emotional, and cognitive skills that will serve them well throughout their lives.

Advantages of employing playing in the educational process

The use of play in the educational process has become increasingly popular in recent years. Play-based learning has been shown to have numerous benefits for students of all ages, including improved cognitive, social, and emotional development. In this article, we will explore the advantages of incorporating play into the educational process.

Firstly, play-based learning has been shown to enhance cognitive development. Children who engage in play-based learning activities are more likely to develop better problem-solving skills and critical thinking abilities. When children are given the opportunity to experiment and explore their surroundings through play, they are able to develop their own understanding of the world around them. This type of active learning has been shown to be more effective than passive learning methods such as memorization.

Secondly, play-based learning promotes social development. Children who engage in play with their peers are able to learn important social skills such as cooperation, communication, and conflict resolution. They learn to share, take turns, and work together to achieve common goals. These skills are essential for success in later life, both in the workplace and in personal relationships.

Thirdly, play-based learning can have a positive impact on emotional development. Children who engage in play-based activities are more likely to develop self-confidence and self-esteem. They are given the opportunity to explore their own interests and talents, and to develop a sense of autonomy and independence. They also learn to express themselves creatively and develop a sense of empathy for others.

Another advantage of play-based learning is that it can be tailored to suit the individual needs and interests of each student. Teachers can use play to help students learn specific concepts or skills, and can customize activities to meet

the needs of different learning styles. This means that play-based learning can be an effective tool for differentiated instruction, allowing teachers to provide targeted support for students who may be struggling in certain areas.

In addition, play-based learning can be a more engaging and enjoyable way for students to learn. By incorporating play into the educational process, students are more likely to be motivated and interested in their studies. This can lead to better academic outcomes and higher levels of student engagement and satisfaction.

Finally, play-based learning can be an effective way to teach important life skills such as problem-solving, creativity, and innovation. These skills are becoming increasingly important in today's rapidly changing job market, and play-based learning provides an opportunity for students to develop these skills in a fun and engaging way.

In conclusion, the advantages of play-based learning are numerous and well-documented. Incorporating play into the educational process can enhance cognitive, social, and emotional development, promote individualized learning, and teach important life skills. As such, it is important for educators to consider the benefits of play-based learning and to incorporate it into their teaching strategies wherever possible.

Using Small Games in the Educational Process

Games have always been a part of human life, as a means of entertainment, socializing, and competition. However, games also have an important role to play in the educational process. Games can be used to teach various skills and concepts, and can make learning more engaging and enjoyable. In recent years, there has been a growing interest in using small games in the educational process, as these games are easy to use and can be adapted to different age

groups and subject areas. This article will explore the benefits of using small games in the educational process and provide examples of how these games can be used to enhance learning.

Benefits of Using Small Games in the Educational Process

Increased Engagement and Motivation

Small games are often designed to be engaging and enjoyable, which can help to motivate students and increase their interest in the subject matter. When students are actively engaged in learning, they are more likely to remember the information they have learned and apply it in new contexts.

Enhanced Learning Experience

Small games can be used to enhance the learning experience by providing opportunities for students to practice skills and apply concepts in a fun and interactive way. This can help students to develop a deeper understanding of the subject matter and improve their retention of information.

Personalized Learning

Small games can be adapted to different age groups and learning styles, making it possible to create personalized learning experiences for students. By tailoring games to the needs and interests of individual students, teachers can help students to achieve their full potential and develop a love of learning.

Improved Social Skills

Small games can also help to develop social skills by providing opportunities for students to work together in groups, communicate effectively, and develop a sense of teamwork. This can help students to build relationships with their peers and develop important social skills that are essential for success in life.

Examples of Using Small Games in the Educational Process

Math Games

Small math games can be used to teach students basic math skills such as addition, subtraction, multiplication, and division. These games can be adapted to different age groups and learning styles, and can be used to help students develop a deeper understanding of math concepts.

Language Games

Language games can be used to teach students vocabulary, grammar, and other language skills. These games can be adapted to different levels of proficiency and can be used to help students improve their speaking, reading, and writing skills.

Science Games

Science games can be used to teach students about different scientific concepts and phenomena. These games can be used to help students develop a deeper understanding of the natural world and to encourage scientific inquiry and exploration.

Social Studies Games

Social studies games can be used to teach students about history, geography, culture, and other social studies concepts. These games can be adapted to different age groups and learning styles and can be used to help students develop a deeper understanding of the world around them.

Conclusion

Small games can be a valuable tool in the educational process, providing students with engaging and interactive learning experiences that can help to enhance their understanding of different subjects. By using small games in the classroom, teachers can create personalized learning experiences for their

students and help them to develop important skills and knowledge that will serve them well throughout their lives.

Examples of educational games

MASS AND WEIGHT

Activity: Mass and weight?

Activity objectives:

to know the different between mass and weight, which considered one of the most common mistakes in our life.

Tools:

2 bottles of water various in size – use someone of the students

Steps:

- 1) bring 2 glass of water various in size
- 2) then we discuss about the cause of difference in mass between them.
- 3) then we bring one of the students
- 4) we suppose that his weight on the ground is X , and his weight on the moon is Y , after that we discuss about the cause of difference in his weight in the two cases.

Observation:

- 1) Mass: it is the amount of water in an object.
- 2) Weight: it is the force (gravity) by which a body is attracted to the earth.

THE MEASURING DEVICES OF MASS

Activity objectives:

to know the different types of scales which used to measure the mass

Tools:

Primer book

Steps:

Bring the primer book containing picture of different types of scales, each one in his name. with the possibility of changing the image from its place with the aim of re-linking each scale in his proper name by the student.

Observation:

- 1) The ability of the student to choose the balance that fits the material to be measured mass.
- 2) The balance scale is used to measure large masses as cheese, vegetables,etc.
- 3) The sensitive two- arms scale is used to measure small masses as gold, and chemicals.

HEAT CONDUCTION

Activity: the conductors

Activity objectives:

to know the features of good and poor conductors

Tools:

2 bottles of various in color

Steps:

- 1) We will bring two bottles various in color.
- 2) We will write in the bottle that have the red color " good conductors ", and in the white bottle we will write " poor conductors ".
- 3) We will bring 6 students.

4) I will give the students 6 papers and the all of papers we will write on them the feature of the good and por conductors.

5) The students will read our papers.

6) Then they will but the 3 papers that have the feature of the good conductors in the red bottle and another 3 papers that have the poor conductors in the white bottle.

Observation:

The students will know the feature of good and poor conductors and they will different between them.

TEMPERATURE MEASURE

Activity: thermometer

Activity objectives:

Student should be able to knowledge:

- 1) Types of thermometer.
- 2) Use of thermometer.
- 3) Properties of medicine thermometer.
- 4) Properties of centimeter thermometer.

Tools:

- 1) Painting
- 2) Paper
- 3) Paper box
- 4) Glue stick
- 5) pen

Steps:

- 1) the student will stand up from his place.
- 2) the student will take paper from paper box.
- 3) the student will open the paper and read it.

4) the student will put the paper in the place in the painting.

Observation:

The student become able to knowledge:

- 1) Types of thermometer.
- 2) Use of thermometer.
- 3) Properties of medicine thermometer.
- 4) Properties of centimeter thermometer.

OXYGEN GAS

Activity: gases in the atmosphere

Activity objectives:

Know that the atmosphere consists of a mixture of gases surrounding the earth.

Tools:

- 1) Piece of cork shaped circle
- 2) Colored paper
- 3) Office pins

Steps:

- 1) Divide the piece of cork into three sections each section in a different color.
- 2) We bring papers and write the name of gas and proportion of it in atmosphere.
- 3) The student with place each gas with the similar ratio on the piece of cork using the pine of office.

Observation:

The students able to knowledge that the gases forming the atmosphere and the proportion of each gas.

CARBON DIOXIDE

Activity: sources and importance of Carbon dioxide.

Activity objectives:

The students able to knowledge the various sources of carbon dioxide and its importance in life.

Tools:

Forms of paper

Steps:

We cut the paper in the form of triangles and then write the sources of carbon dioxide, and another shape like square, and we write the importance of carbon dioxide and then distribute these forms to student.

Observation:

All living organisms take oxygen gas during inhalation process and product carbon dioxide gas during exhalation process.

And student can know the difference between sources and importance.

Physical Exercise and its Role in the Educational Process

Physical exercise is an essential part of a healthy lifestyle, and it can significantly impact the educational process. In this article, we will explore the benefits of physical exercise and its role in the educational process.

Physical exercise is defined as any bodily activity that enhances or maintains physical fitness and overall health and wellness. Exercise has numerous benefits, including improving physical fitness, reducing the risk of chronic diseases, enhancing mental health and cognitive function, and improving academic performance.

Studies have shown that regular exercise can improve academic performance by increasing concentration, attention, and memory. Exercise stimulates the production of neurotransmitters, including dopamine and norepinephrine, which improve cognitive function and mood.

Incorporating physical exercise into the educational process has become increasingly popular in recent years. Schools and universities around the world have introduced physical exercise programs as a way to improve students' academic performance and overall well-being.

One example of an exercise program that has been implemented in schools is the Daily Mile initiative. The Daily Mile is a program that encourages children to run or jog for 15 minutes every day. The program has been shown to improve children's physical fitness, concentration, and behavior in the classroom.

Physical exercise can also play a significant role in reducing stress and anxiety in students. Exercise releases endorphins, which are natural mood enhancers. Studies have shown that regular exercise can reduce symptoms of anxiety and depression in children and adolescents.

Furthermore, physical exercise can help improve social skills and self-esteem. Participating in team sports or other physical activities can help children develop social skills, such as communication, teamwork, and leadership. Additionally, regular exercise can help children develop a positive body image and increase self-esteem.

Despite the numerous benefits of physical exercise, many schools have reduced or eliminated physical education programs due to budget cuts or other reasons. It is important for schools and educational institutions to recognize the importance of physical exercise and incorporate it into the curriculum.

There are many ways to incorporate physical exercise into the educational process. For example, schools can offer physical education classes, encourage students to participate in extracurricular sports or activities, or provide opportunities for students to exercise during breaks or lunchtime.

In conclusion, physical exercise has numerous benefits and can significantly impact the educational process. Incorporating physical exercise into the educational curriculum can improve academic performance, reduce stress and anxiety, improve social skills and self-esteem, and promote overall health and well-being. It is important for schools and educational institutions to recognize the importance of physical exercise and make it a priority in the educational process.

Examples of physical exercises

Physical exercise is essential for maintaining good health and preventing diseases. It is also an important part of the educational process, as it helps to develop students' physical abilities and enhances their cognitive performance. In this article, we will discuss the importance of physical exercise in the educational process, and provide examples of physical exercises that can be incorporated into the curriculum.

The Importance of Physical Exercise in the Educational Process:

Physical exercise has been shown to have a positive impact on students' academic performance. Research has demonstrated that students who engage in regular physical activity have better concentration, memory, and problem-solving abilities than those who are sedentary. Physical exercise also helps to

reduce stress and anxiety, which can negatively impact students' academic performance.

In addition to cognitive benefits, physical exercise also contributes to the development of students' physical abilities. Regular physical activity can improve students' cardiovascular health, strength, endurance, and flexibility. These physical benefits can help students to better participate in physical activities, sports, and games.

Physical exercise is also important for the development of social skills. Team sports, for example, can help students learn how to work together and develop their communication and leadership skills. Physical activities can also help to improve students' self-esteem and confidence, which can have a positive impact on their social interactions.

Examples of Physical Exercises:

There are a variety of physical exercises that can be incorporated into the educational process. Here are some examples:

Aerobic exercise: Aerobic exercise includes activities that increase the heart rate and breathing, such as running, dancing, and swimming. Aerobic exercise can help to improve cardiovascular health and endurance.

Strength training: Strength training includes activities that build muscle and increase strength, such as weightlifting and resistance training. Strength training can help to improve muscular endurance, bone density, and posture.

Yoga: Yoga is a form of exercise that focuses on stretching and flexibility. It can help to improve posture, balance, and reduce stress.

Pilates: Pilates is a low-impact exercise that focuses on core strength, flexibility, and posture. It can help to improve balance, coordination, and muscular endurance.

Team sports: Team sports such as basketball, soccer, and volleyball, can help to develop social skills, communication, and leadership abilities.

Dance: Dance is a fun and creative form of exercise that can help to improve coordination, balance, and flexibility.

Incorporating Physical Exercise into the Curriculum:

Physical exercise can be incorporated into the curriculum in a variety of ways. Here are some examples:

Physical education classes: Physical education classes are an obvious way to incorporate physical exercise into the curriculum. These classes can be structured to include a variety of physical exercises, such as aerobics, strength training, and team sports.

Classroom breaks: Teachers can incorporate short physical exercise breaks into the classroom schedule. These breaks can include stretching exercises or a brief walk around the school.

Active learning: Teachers can incorporate physical activity into the learning process. For example, students can act out historical events or participate in a physical science experiment.

Field trips: Field trips can include physical activities, such as hiking, kayaking, or swimming.

Conclusion:

Physical exercise is an important part of the educational process. It provides cognitive, physical, and social benefits to students. There are a variety of physical exercises that can be incorporated into the curriculum, and teachers can be creative in finding ways to incorporate physical activity into the learning process. By prioritizing physical exercise in the educational process, we can help to promote students' overall health and well-being.

The effect of exercise on body systems

The Effect of Physical Activity on the Muscular System

Physical activity has numerous health benefits, one of which is its positive impact on the muscular system. Regular exercise can improve muscle strength, endurance, and flexibility, leading to better overall physical performance. In this article, we will explore the effect of physical activity on the muscular system in the form of bullet points.

Physical activity increases muscle strength by promoting the growth of new muscle fibers and increasing the size of existing ones.

Resistance training, such as weightlifting, is particularly effective in building muscle strength by causing small tears in the muscle fibers, which then repair and grow stronger.

Aerobic exercise, such as running or cycling, can also improve muscle strength by increasing the number of mitochondria in the muscle cells, which improves their ability to produce energy.

Physical activity improves muscle endurance by increasing the number of capillaries that supply blood to the muscles, improving oxygen delivery and waste removal during exercise.

Regular exercise can improve flexibility and range of motion by increasing the elasticity of the muscles and connective tissues.

Physical activity also improves coordination and balance by promoting the development of the neuromuscular system, which controls movement and coordination.

Regular exercise can reduce the risk of muscle atrophy, which is the loss of muscle mass that can occur with age or inactivity.

Physical activity can also help manage certain muscular conditions, such as back pain, by strengthening the muscles that support the spine.

Exercise can improve overall physical performance, making it easier to perform everyday activities and reducing the risk of injury during physical activity.

In conclusion, physical activity has numerous positive effects on the muscular system, including improved strength, endurance, flexibility, and coordination. Resistance training and aerobic exercise are particularly effective in building muscle strength and endurance, respectively. Therefore, it is important to incorporate regular physical activity into our daily routine to improve our overall health and well-being.

The Effect of Physical Activity on the Cardiovascular System

Physical activity has numerous health benefits, one of which is its positive impact on the cardiovascular system. Regular exercise can improve cardiovascular health by strengthening the heart, reducing blood pressure, and

improving circulation. In this article, we will explore the effect of physical activity on the cardiovascular system in the form of bullet points.

Physical activity improves cardiovascular health by strengthening the heart muscle and improving its ability to pump blood throughout the body.

Regular exercise can reduce blood pressure by increasing the elasticity of the blood vessels and improving blood flow, reducing the strain on the heart.

Physical activity can improve cholesterol levels by increasing the levels of high-density lipoprotein (HDL) or "good" cholesterol and decreasing the levels of low-density lipoprotein (LDL) or "bad" cholesterol.

Exercise can improve circulation by increasing the diameter of blood vessels and promoting the growth of new blood vessels.

Physical activity can reduce the risk of heart disease by improving the health of the arteries and reducing the risk of atherosclerosis, a condition in which plaque builds up in the arteries and reduces blood flow.

Regular exercise can also improve cardiovascular function by increasing the efficiency of the respiratory system, improving oxygen delivery to the muscles and organs.

Physical activity can reduce the risk of stroke by improving blood flow to the brain and reducing the risk of blood clots.

Exercise can also improve overall fitness and endurance, making it easier to perform everyday activities and reducing the risk of fatigue or exhaustion.

In conclusion, physical activity has numerous positive effects on the cardiovascular system, including improved heart function, reduced blood pressure, and improved circulation. Regular exercise can also reduce the risk of heart disease and stroke by improving the health of the arteries and reducing the

risk of atherosclerosis. Therefore, it is important to incorporate regular physical activity into our daily routine to improve our overall health and well-being.

The Effect of Physical Activity on the Respiratory System

Physical activity has numerous health benefits, one of which is its positive impact on the respiratory system. Regular exercise can improve respiratory health by increasing lung capacity, improving oxygen delivery to the body, and reducing the risk of respiratory diseases. In this article, we will explore the effect of physical activity on the respiratory system in the form of bullet points.

Physical activity can improve lung capacity by strengthening the muscles that support respiration and improving the efficiency of the respiratory system.

Exercise can improve oxygen delivery to the body by increasing the number and efficiency of the blood vessels that transport oxygen to the muscles and organs.

Physical activity can improve respiratory muscle strength by promoting the growth of new muscle fibers and increasing the size of existing ones.

Regular exercise can reduce the risk of respiratory diseases, such as chronic obstructive pulmonary disease (COPD) and asthma, by improving lung function and reducing inflammation.

Physical activity can improve overall fitness and endurance, making it easier to perform everyday activities and reducing the risk of fatigue or shortness of breath.

Exercise can also improve respiratory function in individuals with existing respiratory conditions, reducing the severity of symptoms and improving quality of life.

Physical activity can improve the immune system, reducing the risk of respiratory infections and promoting faster recovery from illness.

Regular exercise can also improve sleep quality, reducing the risk of respiratory disturbances during sleep.

In conclusion, physical activity has numerous positive effects on the respiratory system, including improved lung capacity, oxygen delivery, and respiratory muscle strength. Regular exercise can also reduce the risk of respiratory diseases and improve overall fitness and endurance. Therefore, it is important to incorporate regular physical activity into our daily routine to improve our overall health and well-being.

The Effect of Physical Activity on the Nervous System

Physical activity has numerous health benefits, one of which is its positive impact on the nervous system. Regular exercise can improve nervous system function by increasing blood flow to the brain, promoting the growth of new neurons, and reducing the risk of neurological disorders. In this article, we will explore the effect of physical activity on the nervous system in the form of bullet points.

Physical activity can improve cognitive function by increasing blood flow to the brain and promoting the growth of new neurons, improving memory, attention, and learning.

Exercise can reduce stress and anxiety by reducing levels of stress hormones and promoting the production of endorphins, the body's natural mood-boosters.

Physical activity can improve sleep quality, reducing the risk of sleep disorders and improving overall brain function.

Regular exercise can reduce the risk of neurological disorders, such as Alzheimer's disease, Parkinson's disease, and multiple sclerosis, by promoting the growth of new neurons and reducing inflammation.

Physical activity can improve balance and coordination, reducing the risk of falls and other injuries.

Exercise can improve overall fitness and endurance, making it easier to perform everyday activities and reducing the risk of fatigue or exhaustion.

Physical activity can improve mood and self-esteem, reducing the risk of depression and improving overall well-being.

Regular exercise can also improve immune system function, reducing the risk of infections and promoting faster recovery from illness.

In conclusion, physical activity has numerous positive effects on the nervous system, including improved cognitive function, stress reduction, and reduced risk of neurological disorders. Regular exercise can also improve balance and coordination, overall fitness and endurance, and mood and self-esteem. Therefore, it is important to incorporate regular physical activity into our daily routine to improve our overall health and well-being.

The Effect of Physical Activity on the Digestive System

Physical activity has numerous health benefits, one of which is its positive impact on the digestive system. Regular exercise can improve digestive system function by increasing blood flow to the intestines, reducing the risk of constipation, and improving overall gut health. In this article, we will explore the effect of physical activity on the digestive system in the form of bullet points.

Physical activity can improve gut motility by increasing blood flow to the intestines, promoting the movement of food through the digestive tract, and reducing the risk of constipation.

Exercise can reduce the risk of gastrointestinal disorders, such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD), by reducing inflammation and improving gut microbiota balance.

Physical activity can improve insulin sensitivity, reducing the risk of type 2 diabetes and improving overall blood sugar control.

Regular exercise can reduce the risk of colorectal cancer, the third most common cancer worldwide, by promoting healthy bowel movements and reducing inflammation.

Exercise can reduce stress and anxiety, which can have a positive impact on digestive system function.

Physical activity can improve overall fitness and endurance, making it easier to perform everyday activities and reducing the risk of fatigue or exhaustion.

Regular exercise can improve appetite and food intake, promoting healthy weight management and reducing the risk of obesity.

Exercise can improve immune system function, reducing the risk of infections that can impact the digestive system.

In conclusion, physical activity has numerous positive effects on the digestive system, including improved gut motility, reduced risk of gastrointestinal disorders and colorectal cancer, improved insulin sensitivity, and healthy weight management. Therefore, it is important to incorporate regular physical activity into our daily routine to improve our overall health and well-being.

The Effect of Physical Activity on the Muscular System

Physical activity and exercise have numerous health benefits, including a positive impact on the muscular system. The muscular system is responsible for movement and is composed of various types of muscles that work together to enable mobility. Regular exercise can improve muscular strength and endurance, reduce the risk of injuries and illnesses, and enhance overall physical performance. In this article, we will explore the effect of physical activity on the muscular system in the form of bullet points.

Physical activity can improve muscular strength by increasing muscle mass and promoting muscle fiber growth.

Exercise can improve muscular endurance by increasing the ability of muscles to contract repeatedly without fatigue.

Regular exercise can improve flexibility and range of motion, making it easier to perform everyday tasks and reducing the risk of injury.

Physical activity can reduce the risk of osteoporosis, a condition that weakens bones and increases the risk of fractures, by increasing bone density.

Exercise can improve balance and coordination, reducing the risk of falls and other injuries.

Regular exercise can improve posture and alignment, reducing the risk of back pain and other muscular imbalances.

Physical activity can improve cardiovascular endurance, which is important for maintaining overall health and reducing the risk of heart disease.

Exercise can improve overall physical performance, making it easier to perform activities of daily living and enhancing athletic performance.

In conclusion, physical activity has numerous positive effects on the muscular system, including improved muscular strength and endurance, flexibility, balance, posture, and cardiovascular endurance. Therefore, it is important to incorporate regular physical activity into our daily routine to improve our overall health and well-being. By doing so, we can reduce the risk of injuries and illnesses, enhance our physical performance, and improve our quality of life.

The Effect of Physical Activity on the Skeletal System

The skeletal system is the framework of bones that supports the body and protects vital organs. Regular physical activity and exercise can have a significant impact on the health and strength of the skeletal system. In this article, we will explore the effect of physical activity on the skeletal system in the form of bullet points.

Physical activity can improve bone density, making bones stronger and less susceptible to fractures and injuries.

Exercise can stimulate the growth of new bone tissue, which can help to repair damaged bones and reduce the risk of osteoporosis.

Regular weight-bearing exercises, such as walking or jogging, can help to maintain bone density and strength.

Strength training exercises, such as weightlifting, can help to increase bone density and improve overall bone health.

Physical activity can improve joint health by strengthening the muscles and ligaments that support the joints, reducing the risk of joint injuries and conditions such as osteoarthritis.

Exercise can improve overall balance and coordination, reducing the risk of falls and fractures.

Physical activity can also promote the production of synovial fluid, which lubricates the joints and reduces friction, helping to prevent joint wear and tear.

Regular physical activity can also improve posture and alignment, reducing the risk of spinal deformities and other skeletal imbalances.

In conclusion, regular physical activity and exercise can have numerous positive effects on the skeletal system, including improved bone density, strength, and joint health. Therefore, it is important to incorporate regular physical activity into our daily routine to improve our overall skeletal health and reduce the risk of injuries and conditions. By doing so, we can maintain strong and healthy bones, protect vital organs, and enhance our overall quality of life.

Posture aberrations

Scoliosis:

The human body is made up of parts stacked on top of each other, like cubes arranged in a precise system. If these cubes deviate from their natural position, the individual suffers from what is known as scoliosis. Scoliosis is defined as a deviation in the shape of an organ or part of the body, and its deviation from the anatomically accepted normal position results in a change in the relationship of that organ with the other organs in the body. It is also defined as a partial or complete change in one or more organs of the body, causing it to deviate from its natural anatomical shape. This change may be genetic or acquired.

Causes of postural aberrations

Scoliosis, kyphosis, and lordosis are examples of postural deviations that can affect individuals of all ages. These deviations, also known as spinal abnormalities, can be caused by various factors, including genetic predisposition, muscle weakness, and poor posture. In this article, we will discuss in detail the different causes of postural deviations.

Genetic Predisposition

Genetics can play a significant role in the development of postural deviations. Some individuals may be born with a genetic predisposition to spinal abnormalities, making them more likely to develop scoliosis, kyphosis, or lordosis. This is because certain genes are responsible for the development of the spine and the surrounding muscles, and any alterations or mutations in these genes can affect the formation of the spine and lead to deviations.

Muscle Weakness

Muscle weakness is another common cause of postural deviations. When certain muscles are weak or inactive, they cannot support the spine and keep it in its proper position. This can lead to deviations such as scoliosis or kyphosis. Additionally, muscle weakness can also result in poor posture, which can contribute to the development of postural deviations over time.

Poor Posture

Poor posture is a significant cause of postural deviations. When individuals repeatedly sit, stand, or walk in a particular way, it can affect the muscles in the spine, causing them to weaken or become imbalanced. This can lead to postural

deviations such as scoliosis, kyphosis, or lordosis. Additionally, poor posture can also lead to muscle strain and pain, making it essential to maintain good posture throughout the day.

Neuromuscular Disorders

Neuromuscular disorders can also contribute to the development of postural deviations. Conditions such as cerebral palsy, muscular dystrophy, and spina bifida can affect the muscles and nerves that support the spine, leading to deviations such as scoliosis, kyphosis, or lordosis. These conditions can also cause muscle weakness, making it more challenging to maintain proper posture.

Trauma or Injury

Trauma or injury to the spine can cause postural deviations, especially if the injury affects the muscles and bones that support the spine. A broken bone or damaged ligament can lead to muscle weakness and imbalances, causing postural deviations such as scoliosis, kyphosis, or lordosis.

Age

As individuals age, their spine can begin to weaken, leading to postural deviations such as kyphosis or lordosis. This is because the bones and muscles that support the spine become less dense and weaker, making it more challenging to maintain proper posture. Additionally, age-related changes in the spine can also contribute to the development of scoliosis, especially in individuals over the age of 60.

In conclusion, postural deviations such as scoliosis, kyphosis, and lordosis can be caused by various factors, including genetic predisposition, muscle weakness, poor posture, neuromuscular disorders, trauma or injury, and age. It is essential to maintain good posture and strengthen the muscles that support the spine to prevent and manage postural deviations. Additionally, seeking medical attention for any pain or discomfort associated with postural deviations is crucial for proper diagnosis and treatment.

Examples of postural aberrations

Posture deviations in the feet are a common problem that can affect people of all ages. Posture refers to the position of the body in relation to the surrounding environment. A deviation from the normal alignment of the feet can cause a number of problems, including pain and discomfort in the feet, ankles, knees, hips, and lower back.

One of the most common types of posture deviations in the feet is flat feet. This condition occurs when the arches of the feet are lower than normal or absent altogether. Flat feet can cause a number of problems, including foot pain, ankle pain, knee pain, and lower back pain.

Another common type of posture deviation in the feet is high arches. This condition occurs when the arches of the feet are higher than normal. High arches can cause a number of problems, including foot pain, ankle pain, and knee pain.

In addition to flat feet and high arches, there are a number of other types of posture deviations that can affect the feet. These include pronation, supination, and plantar fasciitis.

Pronation occurs when the foot rolls inward while walking or running. This can cause the foot to flatten out, which can lead to problems with the arches of the feet.

Supination occurs when the foot rolls outward while walking or running. This can cause the foot to become more rigid, which can lead to problems with shock absorption.

Plantar fasciitis is a condition that occurs when the plantar fascia, a band of tissue that runs along the bottom of the foot, becomes inflamed. This can cause pain and discomfort in the heel and arch of the foot.

In order to treat posture deviations in the feet, it is important to identify the underlying cause of the problem. This may involve a combination of stretching exercises, strengthening exercises, and the use of orthotic devices, such as arch supports or custom-made shoe inserts.

In some cases, surgery may be necessary to correct the problem. However, surgery is typically only recommended in cases where non-surgical treatments have been unsuccessful.

In conclusion, posture deviations in the feet can cause a number of problems, including pain and discomfort in the feet, ankles, knees, hips, and lower back. If you are experiencing any of these symptoms, it is important to seek the advice of a medical professional in order to identify the underlying cause of the problem and develop an appropriate treatment plan.

Posture deviations in the spine are a common problem that affects many people of all ages. Poor posture is often caused by sedentary lifestyles, prolonged sitting, and lack of physical activity. Other factors that contribute to spinal

posture deviations include carrying heavy backpacks or purses, wearing high heels, and sleeping on an unsupportive mattress.

One of the most common spinal posture deviations is known as "forward head posture," which is characterized by a protruding head, rounded shoulders, and a curved upper back. This condition is often caused by excessive use of electronic devices, such as smartphones and tablets, which cause the head to be in a forward position for prolonged periods of time. Other spinal posture deviations include "hunchback" posture, where the upper back is rounded, and "swayback" posture, where the lower back curves excessively inward.

Posture deviations in the spine can lead to a variety of health problems, such as neck pain, back pain, headaches, and fatigue. Poor spinal posture can also affect the function of the nervous system and the internal organs, leading to issues such as digestive problems and breathing difficulties.

The good news is that posture deviations in the spine can often be corrected through simple lifestyle changes and exercise. Stretching, strengthening, and posture exercises can help to improve spinal alignment and reduce pain and discomfort. It is also important to take frequent breaks from prolonged sitting and to use ergonomic equipment, such as chairs and desks that promote good posture.

In some cases, more intensive interventions such as chiropractic care, physical therapy, or massage therapy may be necessary to correct posture deviations and alleviate pain and discomfort. It is important to address spinal posture deviations promptly to prevent them from becoming chronic and more difficult to treat.

In summary, posture deviations in the spine are a common problem that can lead to a range of health issues. However, they can often be corrected through simple lifestyle changes and exercise, and more intensive interventions may be

necessary in some cases. By prioritizing good spinal posture and seeking appropriate treatment when necessary, individuals can improve their overall health and well-being.

Postural deviations of the hands refer to any abnormalities or deviations from the normal alignment of the hand and wrist. Poor hand posture can lead to discomfort, pain, or even injury in the hand, wrist, elbow, or shoulder. In this article, we will explore common postural deviations of the hands, their causes, and how they can be prevented.

One of the most common postural deviations of the hands is wrist flexion, where the hand and wrist are angled downward toward the forearm. This can occur when typing on a keyboard, using a mouse, or even holding a smartphone. This posture puts a lot of strain on the muscles and tendons in the wrist and can lead to conditions like carpal tunnel syndrome.

Another common postural deviation of the hands is ulnar deviation, where the wrist and hand are angled toward the pinky side of the forearm. This can happen when using a computer mouse that is too small, or when playing musical instruments like the violin or guitar. Ulnar deviation can also lead to carpal tunnel syndrome and other wrist and hand conditions.

In addition, finger flexion is another postural deviation of the hands. This occurs when the fingers are bent too much, such as when typing on a keyboard with fingers that are too short or when gripping an object too tightly. Finger flexion can cause discomfort, pain, and stiffness in the fingers and hands.

Causes of these postural deviations can include a lack of ergonomic equipment or improper use of such equipment, repetitive motions, or even underlying medical conditions. To prevent these postural deviations, it is important to use

ergonomic equipment like a properly sized mouse and keyboard, take breaks frequently, and stretch regularly. Strengthening exercises for the hands and wrists can also help prevent these deviations.

In conclusion, postural deviations of the hands can cause discomfort, pain, and injury if left unaddressed. By understanding the common postural deviations and their causes, we can take steps to prevent them and maintain proper hand posture.

Teaching strategies:

- Strategies based on his explanation of knowledge. Strategies are built on learners discovering knowledge of themselves.



Type of teaching strategy

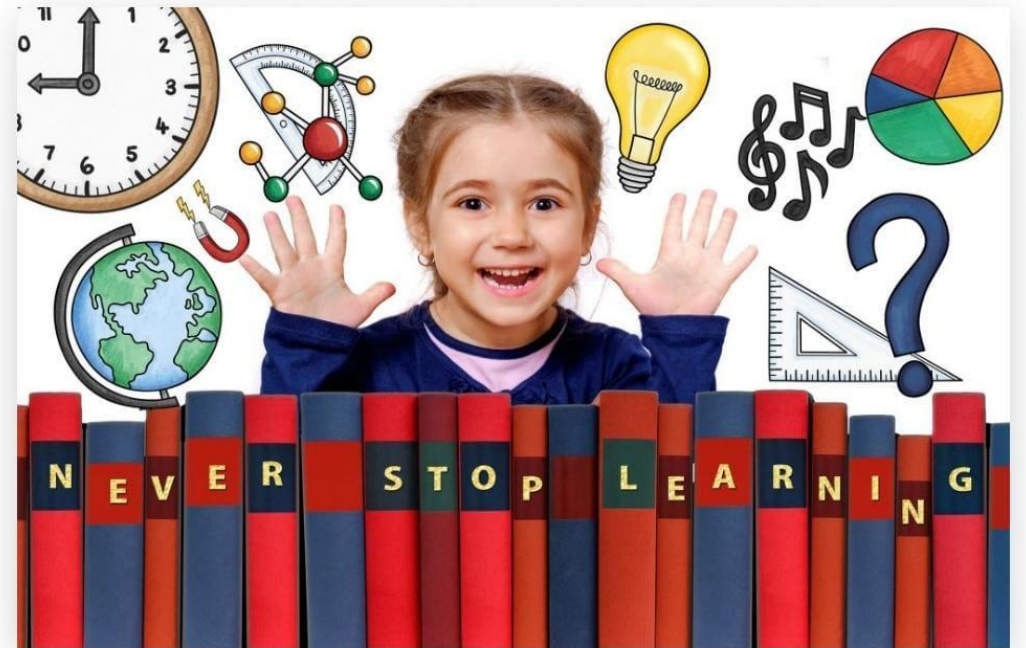
1-Direct strategies : Receiving knowledge directly from teacher.

Where the teacher is the main focus of the educational process.

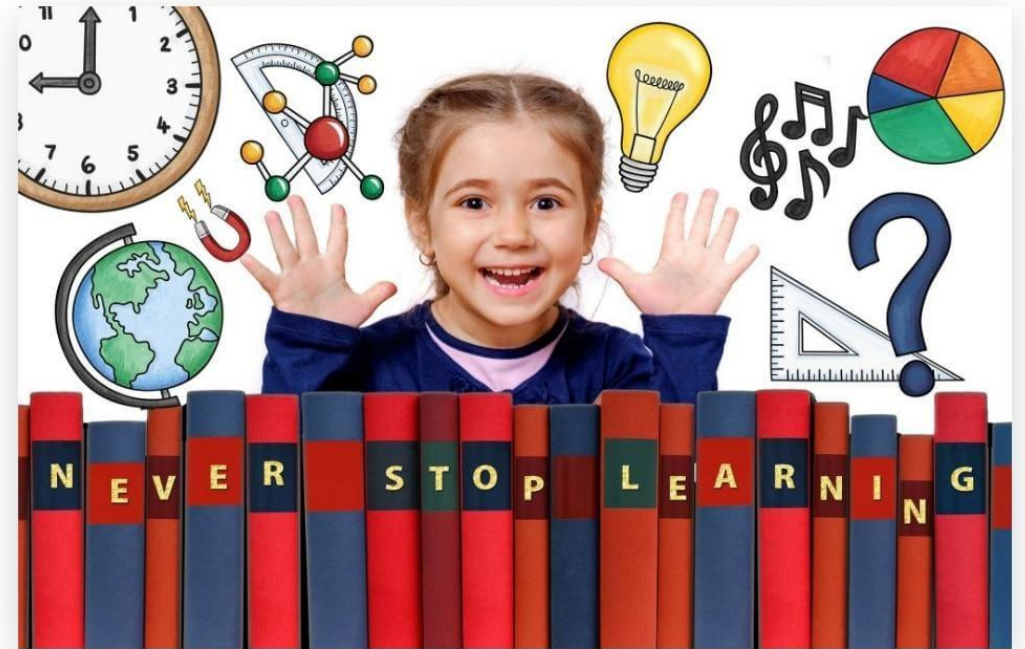
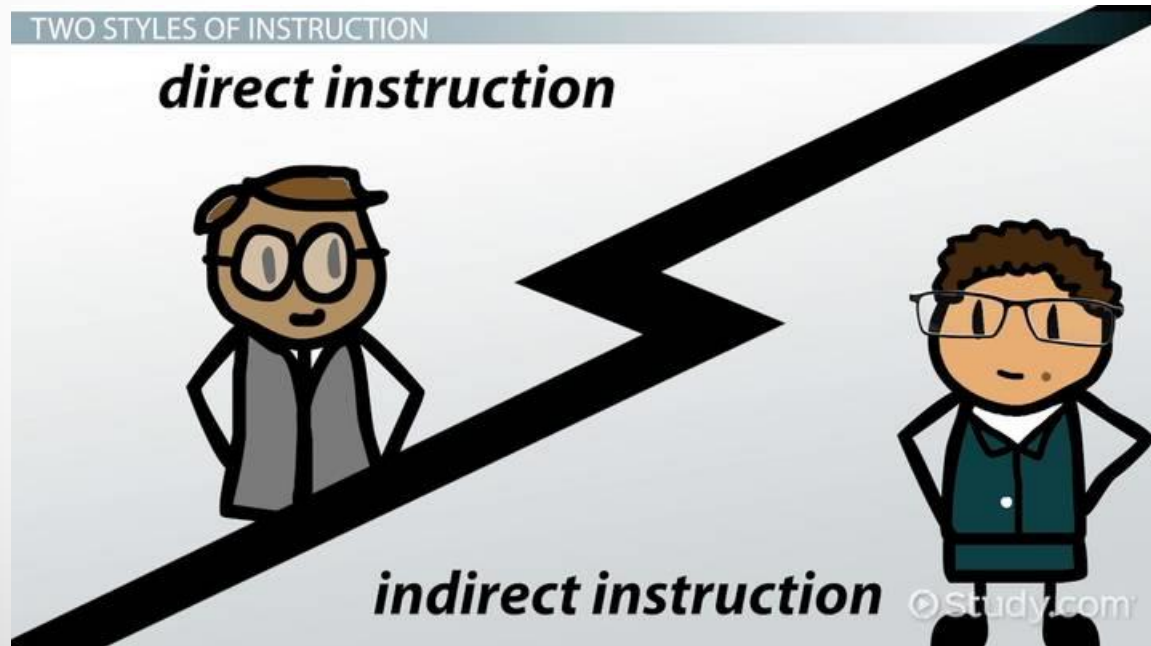


Type of teaching strategy

- 2- Indirect strategies : through self-education Where both the teacher and student are active participant.
- Adopts an indirect learning strategy by which students solve a set of applied excercies based on the knowledge taught in the courses that confront them in blind life.



- The same learner he chooses what he learns the method and style he sees . Strategies focus on how learners use available knowledge resources for education.



One of the most important teaching strategies is playing:

The ways of learning by playing :

-The standardized teaching method:

- This method called standardized because it depends on reducing the number of participants in each game to the lowest number to master the game, and effort to communicate the information easily, and this method facilitates the process of knowing the weaknesses of students easily and help to solve it.



The ways of learning by playing :

- Individual learning style :

This method is based on the female students, in which she plays the game individually according to her abilities ' mental and physical.



•Benefits of playful learning:

- Help teacher to make learning more interesting , make a familiar material she need in performing her task , she make student more likely and understanding lesson . **Khalal Aldous** send him back , will increase the understanding of the lessons and may summarize her benefits.



- **Types of educational games:**
 - Solo
 - Learn children to pretend on themselves and adapt their feeling and have chance to think out of loud about experiences that may be positive or negative
 - Benefit of pretend play
 - Pretend play help child to understand view of other performance of the role , is he play only role of teacher , this what help him to play some roles in the future



Types of educational games:

Social play:

Social play objectives:

Obeying laws and acting according to instructions.

The child learns patience and waiting in turn.

Acquiring social values such as participation, respect and others.

Perceptual (educational) play.



The objectives of educational cognitive play :

The child's feeling of success and achievement when he installs one of the games.

Feeling successful builds the child's self-confidence.



- He acquires some social values through his interaction with others, such as respect, participation and cooperation.
- It gives up selfishness and self-centeredness.



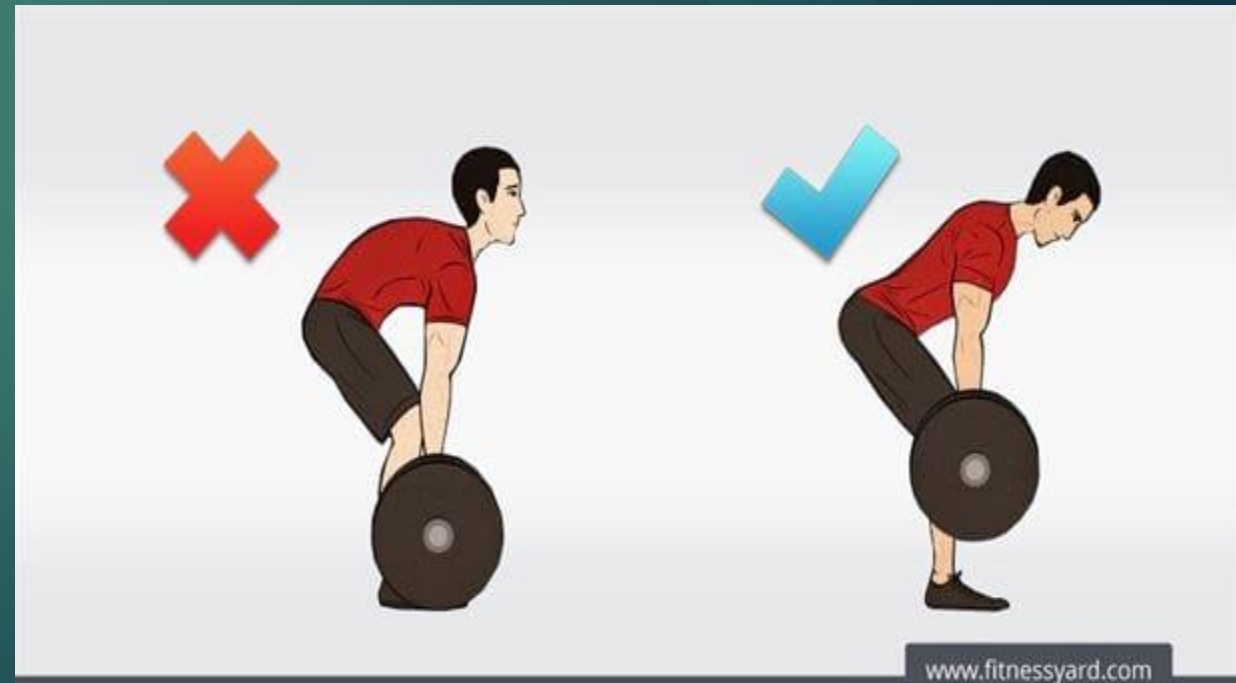
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THE MOST WRONG BELIEFS ABOUT SPORTS PRACTICE

- *There are many reasons why people do not devote enough time to physical activity. Experts have mentioned that there are many misconceptions about exercise, and how to exercise it to achieve the benefits that a person requires. The most common misconceptions about exercise:-*



- Doing exercise once:-
- Not following a regular exercise regimen leads to a loss of many benefits such as cardiovascular fitness and endurance. When you maintain high levels of physical activity throughout life, you get the best health outcomes.



- I'm too old to exercise:
- It's not how old you are, it's how much you move. Proper postural alignment helps with everything from cardiovascular health to relieving joint pain and arthritis.



- I'm pregnant so I need sports:

The more active and fit you are during pregnancy, the easier it will be for you to adapt to your changing shape and weight gain. It will also help you to cope with labour and get back into shape after the birth.



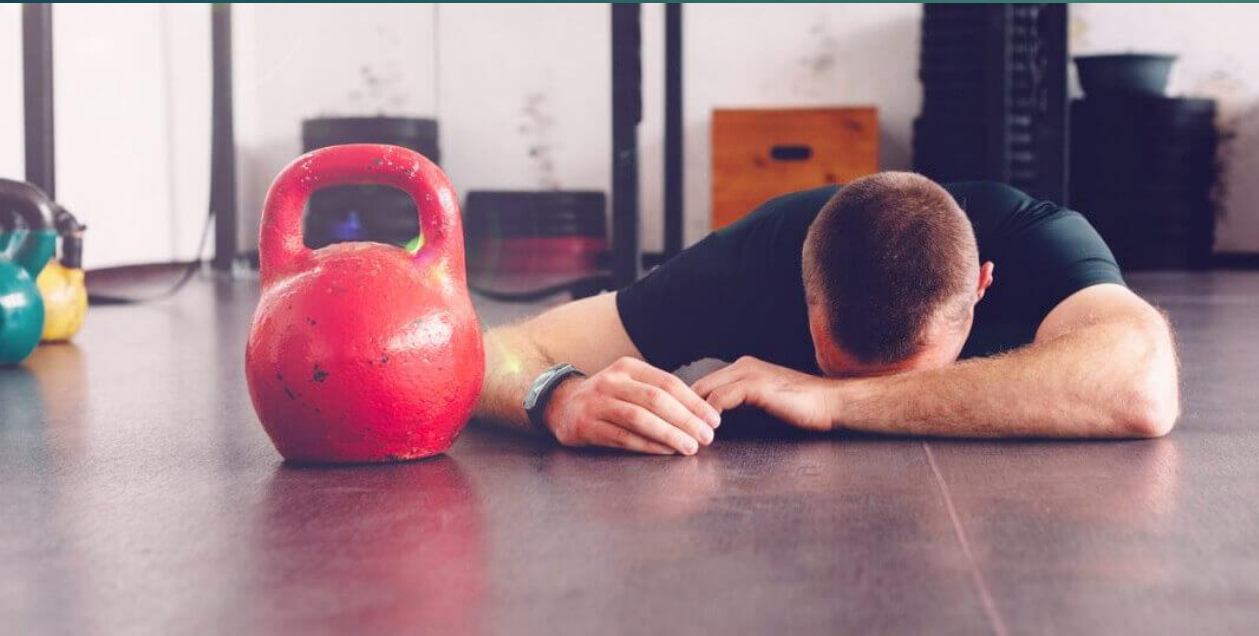
- Sweating a lot is evidence of burning a lot of calories:

According to fitness experts, sweating occurs because muscles create heat during exercise. If you exercise in high temperatures or in humid conditions, your body will sweat more with even the simplest exercises.



- Exercising on an empty stomach helps burn more fat:

While it's true to some extent, exercising on an empty stomach puts you at risk of feeling dizzy or lightheaded while exercising. If you want to go to the gym before breakfast, have a snack like a banana or yogurt and then go for your workout.



- Weight lifting is not good for diabetics:

Doing weightlifting exercises is important to increase muscle strength and muscle mass in the body. The benefit of this is that the muscles burn more calories, and even stimulate burning all the time, even while sitting. Therefore, increasing the amount of muscle is beneficial for a diabetic patient, because it is associated with increased energy burning and a regular blood sugar rate.



- Water sports is the best sport:

Much is related to the practice of water sports, and neglects and even refuses to practice any sport outside the water. This may be due to the fact that swimming in warm water relaxes nerves and muscles and relieves pain. The body also floats and its weight decreases in the water, which makes it easier for the sufferer of any disease or pain to exercise. But it is important that the person is not satisfied with water sports only, but must gradually exercise outside the water as well. Therefore, it is recommended to practice water sports 2-3 days a week and allocate a day to exercise outside the water. Then the number of days that a person exercises outside the water is increased in order to train and strengthen his muscles. Training the muscles to exercise in the water will not qualify them to deal with movement and sports outside the water. In other words, the muscles must be trained out of the water to withstand the weight of the body and the effect of gravity.



- Do not exercise if you feel pain in the joints or back

It is recommended for those who feel joint and back pain not to be idle, but to practice cardio exercises because they increase the perfusion and nourishment of the painful area and treat muscle tension. This will speed up the healing of damaged tissues, increase blood flow and its beneficial compounds, strengthen the surrounding muscles, and support joint endurance and movement. Many people with knee pain refrain from moving for fear that this will make their pain more severe and they will succumb to a sedentary life. However, this will lead to a weakening of their muscle strength, weight gain and many chronic diseases. The worse their health condition, the more afraid of sports and movement. To get out of this illusion, they have to start moving and exercising.

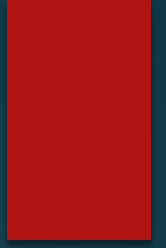


- Stop exercising if you feel short of breath:

Some are afraid of shortness of breath and rapid heart rate during exercise. It is a justified and logical fear by those with a heart or breathing disease, but it is not justified by the healthy, because in this case it will be considered a normal reaction resulting from the lack of fitness of the heart and lung muscle. What you need to know is that doing a sport that causes the heartbeat and breathing to accelerate is a direct exercise that is associated with an increase in the efficiency of the heart and lungs. Therefore, continuing to exercise will increase breathing efficiency and lung fitness, which will lead to the disappearance of these symptoms. Therefore, high-intensity exercise (causing an acceleration of the heart rate and breathing) is one of the most effective ways to raise the level of heart and lung health.



***Why water sports is the best sport ?
What are the wrong beliefs about sports
practice ?***



Science

Alaa Hussein

Arwa Harby

Esraa Yousry

Marina Amir

Christina Abdallah

Sara Heshmat

Basant Tharwat

Sherry Gamel

Dimyanaan Essam

Title

Physical education

Members

Objectives

Topic 1

Topic 2

Topic 3

Topic 4

Photos



Title

Members

Objectives

Topic 1

Topic 2

Topic 3

Topic 4

Photos

***Fatma
Reyad***

***Nahal
Awad***

***Aalaa
Yasser***

***Dina
Mohamad***

**Menna
Magdy**

**Shimaa
Mohamed**

***Shimaa
Ahmed***

***Tasnem
Hamdey***

Title

Members

Objectives

Topic 1

Topic 2

Topic 3

Topic 4

Photos

OBJECTIVES FOR TODAY

1

Introduction

2

Sports activity goals

3

The importance of physical education

4

***Primary purpose and the
conclusion***

Title

Members

Objectives

Topic 1

Topic 2

Topic 3

Topic 4

Photos

Introduction

Physical education teaches how to acquire ability to develop strength, speed, endurance and coordination abilities. It also emphasises on achieving social qualities, such as, empathy, cooperation, friendliness, team spirit, and respect for rules, which are essential for healthy social relations with others.



Sports activity goals

1

Improving the psychological and intellectual condition of the student

3

Investing in spare time.

5

Strengthening the relationship between students and each other and their teachers, and strengthening the relationships between schools and each other through competitions

2

Maintains health and increases physical efficienc.

4

develops the spirit of leadership in the student and increases his self-confidence... The spirit of the team and teamwork I,s also developed.

Title

Members

Objectives

Topic 1

Topic 2

Topic 3

Topic 4

Photos

Title

Importance of physical education:

Members

Objectives

Physically

socially

Topic 1

decreasing body fat and increasing the muscle mass

Topic 2

improving the social skills as leadership and encouraging the individual to cooperate with others

Topic 3

Topic 4

Photos

Title

Members

Objectives


Topic 1

Topic 2

Topic 3

Topic 4

Photos



Economically
***In work, the
priority goes to the
one who has good
physical strength***



Mentally
***promoting mental
development by
helping on
overcoming stress,
anxiety and tension***

Title

Members

Objectives

Topic 1

Topic 2

Topic 3

Topic 4

Photos

Psychologically

*developing the individual's physical
and psychological efficiency*



Title

Members

Objectives

Topic 1

Topic 2

Topic 3

Topic 4

Photos

Primary purpose

- ***Maintaining mental and physical health***
 - ***Encouraging teamwork***
 - ***resenting values to students***
 - ***Create a healthy discussion environment***

Conclusion

- *Finally, any of the sports must be practiced constantly and made a daily habit because it is very important for adults and children and helps to stimulate blood circulation, prevent diseases and maintain body systems*
- *Each of us has an athletic and intellectual inclination, and this is commensurate with the presence of many sports. It is certain that we will find a sport that suits our ages, our hobbies and our inclinations*

Title

Members

Objectives

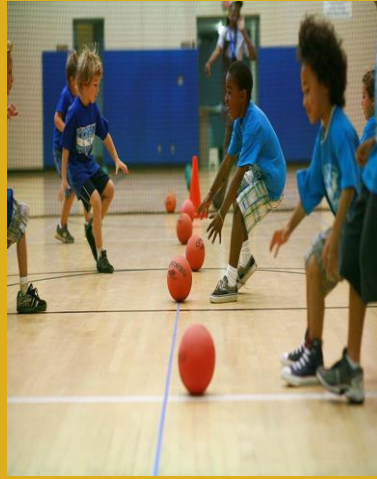
Topic 1

Topic 2

Topic 3

Topic 4

Photos



Question

Q1 :Mention the goals of the physical education ?

Q2 : What is the importance of the physical education?

Q3: What are the primary purposes of the physical education?

PLAY AND LEARN



PLAY. LEARN. GROW.

play has been an important •
strategy in teaching sport •
pedagogy

The teaching strategy depends on the interpretation of information and knowledge, and on the learners discovery



Types of teaching strategy

There are two types of strategy to teach with:

1. Direct strategy : Receive knowledge directly from the teacher
2. Indirect strategy : receiving knowledge through self-education and individual interaction

The strategy centered on the role of the learner and what he chooses to teach to children in terms of the way the child sees it and the way he deals with it . It focuses on how learners use the knowledge resources available for education in a more efficient and effective manner

- Strategies centered around the primary role of the teacher as guide to teaching process
- StratStrategies revolve around the role of the learner, choosing the way and the way he or she sees fit.

- Strategies focus on learners using available knowledge resources for education in a more effective and efficient way





• **Playing styles are an important strategy in teaching sports pedagogy.**

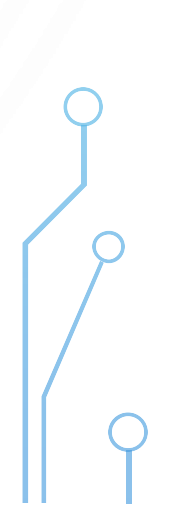

There are some ways of learning by playing

1) The standardized teaching method :

The unified teaching method was called by this name because it depends on reducing the number of participants in each game to the least possible number in order to master the game, and a simple way to deliver information

2) individual learning style:

learning style It depends on the student who plays the game according to their mental and physical abilities



Is playing strategies important in physical education?

1_ Play is a therapeutic method to help teachers solve children's problems

2_ Play is a means of mobilization and communication between children

3_ Play helps the child interact and develop personality



Benefits of playful learning :

It is one of the teaching strategies used in schools, which aims to provide an appropriate and attractive atmosphere for students and helps integrate them into learning, which increases students' understanding of the lesson and helps them in the development of memory, thinking, cognition and imagination .



Type of education games

***Solo**

Imagination play, through which students learn to adapt to role ,It allows them to think out loud

About experiences that may be positive or negative

Benefits of imaginative play:

Acting helps the child to understand the opinions of others by performing his role, as if he is playing the role of the teacher and this is what helps him to play some roles in the future.

Learning objectives: They are brief statements describing what students are expected to learn by the end of the school year, course, unit, lesson, project, or term period. In many cases, learning objectives are the temporary academic goals that teachers set for students who work from in order to meet more inclusive learning standards.



Types of educational games:

Dolls: such as hunting tools, cars and trains, dolls, animal figures, machines, decorative tools....etc.

Movement games: such as throwing games, fitting, racing, jumping, balancing and swinging, running, ball games....etc.

Intelligence games: such as puzzles, problem solving, crossword puzzles...etc.

Pretend games: such as theatrical representation, role-playing...etc.

