

Contemporary Physical Education

When we think about Physical Education, many of us automatically assume that is the education of the Physical. However Underwood (1983) found that in a survey of 16 teachers the top five aims mentioned were: Skill acquisition, education for leisure, health and fitness, socialisation and enjoyment. Only two of these are physical, the others are affective, social or cognitive.

This shows us that we can benefit from Sport and activity in more ways than just getting better at physical activity. It can affect our social life. I for one have met the majority of my uni friends through Swimming, half of my friends at home were also from sport that I did.

Jewett (1978) lists 22 purposes for physical education, categorised under 3 concepts:

- 1) Man, Master of Himself – includes what is necessary for man to fulfil his "human development potential".
- 2) Man in Space – the space here refers to the physical environment. It involves man's movements in the environment and his physical and spatial relationships to objects, other people and himself.
- 3) Man in a social world – concerned with cooperation, motivation, group goals and strengthening of cultural heritage, all leading to adequate socialisation.

This again highlights that physical education is needed in many more ways than one. Doing physical activity can also affect our development, people that grow up doing a lot of physical activity, compared to those that don't will have better spatial awareness, reactions, peripheral vision, etc. Simply because these have been "trained".

The Physically Educated Person

To further stress the fact that physical education's purposes are partially non-physical the Nation Association for Sport and Physical Education (NASPE) in the USA, describes a physically active person in its outcomes project (1992). They state that such a person will have skills necessary to perform a variety of physical activities, be physically fit, participate regularly in physical activity, know the implications and benefits of involvement in physical activities and value physical activity and its contributions to a healthy lifestyle.

Within these 5 headings are 20 specific outcomes, 9 of which are physical and 11 of which are non-physical.

So it's clear that the emphasis on physical education in the past has been to encourage and develop social behaviour and responsibility. It has been seen as a vehicle for achieving socially desirable traits in young adults.

National Curriculum Physical Education

Physical education is one of the core subjects of the National Curriculum (Department for Education, 1995) and is compulsory in every year of schooling. The content of the subject changes at each age group or key stage, but there is a set of general requirements for the subject that remain the same.

The 1992 curriculum suggested that PE could even contribute to the development of problem solving skills, the establishment of self-esteem, and the development of interpersonal skills.

This shows that our job as a PE teacher is wide spread and we have to think about the sociocultural aspect when teaching. We have to get our pupils thinking and interacting with

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