

ICT Support

Use the Internet to search for information about the benefits of engaging in physical activities.

Benefits of Engaging in Physical Education

What happens inside your body when you run, jump, play games, and get involved in other forms of exercise?

As the muscles in your arms, shoulders or legs alternately contract and relax, they use energy that comes from the food you eat. Because of the increased muscle contraction, your heart beats faster, and you breathe more rapidly and deeply. Your body temperature rises and you begin to sweat. These physical activities benefit you physically, socially and mentally.



Activity 1.4: Explaining the benefits of engaging in PE

- i) Brainstorm the benefits of engaging in PE.
- ii) Draw a table as shown below in your notebook. In the first column, write 'Physical Benefits'. In the middle column write 'Social Benefits' and in the righthand column write 'Mental Benefits'. Discuss and write down the benefits of engaging in PE as indicated in **Table 1.1** below.
- iii) Make a presentation of your suggestions to the class.

Table 1.1: Benefits of Engaging in Physical Exercises

Physical Benefits	Social Benefits	Mental Benefits
-	-	-
-	-	-



Information: Benefits of exercise and physical activities

- i) They burn up stored fat so your body shape improves and it fights overweight.
- ii) They relieve boredom.
- iii) They make one confident, thus making it easy to cope with challenging situations.
- iv) They tone up the muscles of the body so as to improve posture.
- v) They strengthen the bones.
- vi) They improve fitness.
- vii) They develop teamwork and working life.
- viii) They are stimulating and enjoyable.
- ix) They relieve tension and stress hence leading to a peaceful mind.

- x) They get rid of aggression; for example, you can take out angry feelings on a ball instead of a person.
- xi) Playing sport is a way to meet and make friends.
- xii) They help one to appreciate playing and doing exercise with others regardless of who they are.
- xiii) They promote team building among those who play and do exercise together.



Activity of integration

You have been invited to talk to Primary Seven pupils who have just finished their PLE. They have not been physically active because they used all the time to prepare for their PLE. Through observation many of them look unhealthy, unfit yet others have negative attitude towards PE.

Using the knowledge you have acquired, prepare a write-up and share your experience about PE with the P7 candidates so as to encourage them to change their life style.