

REPORT FOR PHYSICAL EDUCATION LESSON

People need movement in order to maintain their life in a healthy way. This requirement is indispensable in each period of his/her life.

The child at the age of school tries to reach different goals while acting. Because of this, in Physical Education (P.E.) lessons training is done for different purposes such as health, strength, entertainment, aesthetic, performance, self-confidence, adventure and sociability.

Thinking age periods, those 7-9 years, 10-11 years, 12-14 years participate in physical activities throughout the life to achieve these purposes via basic skills, specific movements skills and sportic movements skills.

Physical education programme is prepared for P.E. teachers in order that students can gain basic sporting movement skills and can join physical activities throughout their life.

Physical Education's basic aim is to contribute people's physical, psychomotor, cognitive and social development and to provide their participation in lifelong physical activities. In order to achieve this purpose, students are required to join learning activities by doing and living.

Constructivism is basically taken into consideration, variation of learning environment and that students' direct participation in the process are taken into account. By the principles of constructivism, it is required to create an effective learning and teaching environment in lessons.

Each student joins in activities and expresses himself/herself. Learning ways differ due to the fact that each student is not the same. Students are required to use knowledge, skill, attitude such as cooperation learning, problem solving, monitoring, displaying, discovery based attitudes, questioning and expressing.

Because of this, constructivism is a reflection to the P.E. and this reflection shows up as a learner based and participation principle.

P.E. lessons are two dimensions. We, Physical Education (P.E.) teachers, teach our lesson according to curriculum. It is more advantageous to teach at schools having gym.

We teach P.E. lessons mostly at the school's garden due to the fact that they don't have gym. There are absolutely difficulties of this situation. We try to do our best despite these difficulties.

To mention about the application of this programme in Physical Education lessons; we teach students to use their bodies effectively, teach them the basic gymnastic exercises and to control their bodies. To give examples to the knowledge and skills of sports, we P.E. teachers first introduce and teach the lesson and later let them to perform what they have understood. The methods that we teach students in open-areas are given as single or group activities. The students learn something by themselves or with co-operation.

The assessment and evaluation studies in P.E. lesson are made with co-operation of students, teachers and students' parents. We give importance to the students' participation. When we do this, students become more willingly to the activities and thus they get more motivated and the learning will be easier. We assess students learning according to the success, exams, projects and performance work and also to the students' performances in the lesson.

Besides of these, our students often participate in different activities and competitions done among students in our city. If we get a success in these out of classroom activities, we can make a contribution to introduce our school, city and even our country. Our aim as Physical Education teachers is to make students live with sports.