

TEACHING METHODS IN PHYSICAL EDUCATION

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UNIT - 1

Meaning of Physical Education

“Physical Education is a Basis of Developing a Complete Personality of a Child”

Components of Developing Complete Personality

- Physical Development
- Mental Development
- Social Development
- Emotional Development
- Spiritual Development

Meaning of Teaching

Dictionary defines teaching as “the profession or practice of being a teacher; the art of giving instruction”. Teaching is an art of a teacher in which on the basis of knowledge and experiences puts the subject matter before the students in a meaningful and effective manner.

Meaning of Methods

Dictionary defines method as “the mode or procedure of accomplishing something; orderliness of thoughts; an orderly arrangement or system”. In physical education teaching is little different from other subjects as because teacher may has to take the classes in the class room; in the play fields; in the gymnasium; in the swimming pool; in the track & field and such other indoor and outdoor activities. Therefore; the same method of teaching could not be possible to apply everywhere while teaching. There are plenty of methods to deal the classes of physical education but to make the teaching effective and meaningful teacher should select the most appropriate method on the basis of knowledge and experiences. The teaching becomes interesting only when the teaching methodology is good enough.

Principles of Teaching

- Principle of self preparation : Teacher should prepare himself every time before entering the class.
- Principle of Notes preparation: Teacher should bring prepared notes in the class for emergency references.
- Principle of quoting examples :Teacher should try to quote maximum number of examples form practical life.
- Principle of Sincerity & Punctuality :Teacher should always report in the class at least few seconds/minutes before the prescribed time. If another teacher is already in the class then suppose to wait for a while.
- Principle of Movement : Teacher should always move around in the front so that the student's attention may not be diverted.
- Principle of using teaching aids : Teacher must use the black board for better understanding.
- Principle of healthy teaching atmosphere : Teacher should take the matter positively if any questions are raised in the class by the students. That doubt question must be cleared in the class itself and if not one should not feel shy to say that at present answer is not known and the same shall be cleared in the next class after consulting the references instead of giving wrong justification.
- Principle of we- feeling : Teacher should treat the students as their own wards and must know every student by name; it causes "we feeling".
- Principle of method selectivity : Teacher should choose that method of teaching which is most suitable for that particular class, subject and group of students.
- Principle of simple to complex : Teaching should always be progressive from simple to complex.
- Principle of correction and evaluation : Timely evaluation of the subject contents.
- Principle of Teaching Behavior : Finally, a teacher should be of good character and well behaved.

Factors Effecting Teaching

- Teacher's Personal Readiness
- Teacher's Technical Preparation
- Subject Matter to be Discussed
- Available Facilities for Teaching
- Maturity Level of the Students
- Age and Sex of the Students
- Background of the Students
- Place and Time of the Class
- Skill of the Teacher
- Overall Personality of the Teacher Etc.

Necessity of Various Teaching Methods in Physical Education

- In the Class Room
- In the Play Fields/Courts
- In the Gymnasium
- In the Track and Field
- In the Swimming Pool
- In Teaching Combative Sports
- In Teaching Recreational Activities
- In Teaching Yogic Exercises
- In Teaching Weight Training Exercises Etc.

Methods of Teaching

- Lecture Method
- Demonstration Method
- Imitation Method
- At-Will Method
- Observation Method
- Visualization Method
- Command Method
- Etc.



UNIT - II

Meaning of Presentation Technique

Presentation technique is the ability of the teacher to put the subject matters before the students in an artistic manner so that the teaching can be made impressive and meaningful.

Planning for Presentation

- Planning in Terms of Preparation
 - (i) Personal Preparation (ii) Technical Preparation
- Planning in Terms of Presentation
 - (i) For theory Classes
 - (ii) For Activity Classes

Personal Preparation for Presentation

Personal preparation is concerned with teacher's self preparation and these may be classified into two:

- (i) Self Preparation: One should prepare for each class from head to foot. This includes clean , neat appropriate dress ,hair style and such other factors as keep the teacher well-groomed.
- (ii) Subject preparation: Teacher must update himself through new references, internets etc. Before coming to the class teacher must prepare teaching notes of the subject contents with complete preparation.

Technical Preparation for Presentation

- Technical preparation of a teacher deals with readiness of all those requirements in advance which are essential for taking an effective and impressive class.
- Teacher should always prepare himself before taking the class as Doctors, Lawyers and Architect Engineers do for their profession.

Subject Presentation for Theory Teaching

- Orientation
- Application of most appropriate method of teaching
- Discussion
- Evaluation

Presentation for Activity Teaching

- Orientation
- Verbal Explanation
- Demonstration
- Practice session
- Supervision
- Correction
- Evaluation
- Follow-ups