

# GREENHILL ACADEMY – SECONDARY

## S.1 PHYSICAL EDUCATION HOLIDAY WORK

DECEMBER 2023

Theme: Theory and Practice of Physical Education

TOPIC: FACTORS IN PERFORMANCE OF PHYSICAL ACTIVITIES

COMPETENCY: LEARNER UNDERSTANDS THE FACTORS THAT RELATE TO PERFORMANCE IN PHYSICAL ACTIVITIES

### LEARNING OUTCOMES

The learner should be able to;

- Examine personal qualities, skills, strengths and weaknesses in regard to performance in physical activities and future careers (gs, a)
- Assess opportunities and risks to make informed decisions about their own career (u)
- Know the factors that affect mental, social, and emotional performance and recognize (u,gs)

### Guiding note

When I was growing, there are factors that determined how I was going to sit, crawl, stand and walk.

These factors were;

Diet, parenting, and availability of support. The lack of these would affect my growth.

### Personal qualities in regard to Performance

**Skills;** This refers to the ability to do something well. Skill is something you develop through learning

**Talent;** This refers to an inborn and the special ability of a person to do something. Talent is God gifted ability

**Interests;** This refers to the feeling of wanting to know or learn about something or someone

### Examples

Skills	Talent	Interest
1. Digging 2. Dribbling 3. Shooting	1. Creativity 2. Singing 3. Leadership	1. Travelling 2. Soccer 3. Reading

### Activity

List down the strengths and weaknesses you have regarding participation and performance in physical education and sports

### Factors that affect performance in Physical Activities

Environmental factors affecting performance.

1. Air pollution
2. Speed of wind
3. Altitude (shortage of oxygen)
4. Extreme temperature
5. Humidity (hot or cold air)
6. Air /atmospheric pressure (Air around you has weight and it presses against everything it touches)
1. Age
2. Physical fitness
3. Heredity/genetics
4. Facilities /equipment
5. Climatic condition
6. Environmental factors e.g speed of wind, temperature
7. Psychological factor (motivation)
8. Drug
9. Diet

## **CAREER**

### **Definition**

**A profession for which one trains and which is undertaken as a permanent calling**

**Most times, our interests, talents and skills influence our career choices e.g Coach, Manager, teacher**

### **Factors to consider when choosing a career**

1. Your passion for the career (what makes you happy)
2. The skills you have (writing, math, computing)
3. Your personality (Are you a people person, an introvert etc)
4. Your goals (where do you see yourself in the next 10-20 years)
5. Your values (what values will help you achieve your goals)
6. Your options (look for the fastest growing jobs, what jobs interest you)
7. The potential salary (look at the salary ranges of the different occupations)
8. The job prospects (what jobs are projected to surge in terms of popularity and necessity to meet the needs of the world)
9. The educational costs (know how much schooling and training will be needed)

10. Career guidance

11. Your learning opportunities. (Set up an informational interview with a person from that Job)

## **PHYSICAL FITNESS**

### **Key learning outcomes**

- a. Perform exercises to develop health related fitness, taking care of safety
- b. Perform exercises to develop skill related fitness
- c. Describe the concept of physical fitness
- d. Identify abilities and limitations regarding fitness
- e. Relate fitness to daily life activities

### **Safety Precautions Before, during and after physical exercises**

1. Wear comfortable clothing and well-padded shoes
2. Put on appropriate gear for the activity, such as helmets
3. Always warm up before and cool down the body after exercise
4. Take appropriate breaks during the activity
5. **Do not exercise with an empty stomach. Do not exercise after a full meal**
6. **Replenish extra fluids before, during and after physical activity.**
7. **Avoid doing outdoor vigorous exercises in hot or humid weather.**
8. **Listen to the body. Do not exercise when un well.**

### **DEFINITIONS**

#### **Physical fitness:**

Is the state/condition of the body necessary for a person to carry out a given task without undue fatigue

#### **Health related fitness:**

Refers to doing usual activities like walking, jogging, dancing to keep some body fitness.

#### **Skill related fitness:**

Refers to exercises conducted to perform well and out compete others.

## **Physical exercises to Develop Health related Fitness**

### **Activity**

Write and draw (can use a picture) six physical exercises that can help to develop health related fitness.

## PHYSICAL FITNESS COMPONENTS

1. **Strength:** force applied
2. **Power:** rate or speed of the force.
3. **Agility:** ability to change direction
4. **Flexibility:** rate of movement around the joint.
5. **Co-ordination:** working together of the body systems.
6. **Speed:** quickness to perform given task.
7. **Balance:** ability to maintain body stability. **Endurance:** ability to work for long time without being tired.
8. **Reaction time.**

## Benefits of training

1. For feeling better (well-being)
2. For improving posture.
3. Maintenance of the body weight.
4. For health benefits (prevent psychosomatic diseases e.g. stress, depression, hysteria) Enhancement of physical capability.
5. For relaxation
6. For enjoyment
7. Slowdown of the aging process.

## Negative effects of over training

1. Reduction of reaction time due to fatigue.
2. May bring some injuries e.g. wearing of bones due to friction.
3. Muscle becomes hypertrophy (increase in size.) The player become stale due to accumulation of excess lactic acid.
4. Depletion of stored glycogen.
5. Fatigue (tiredness)
6. Decreasing of cognitive abilities.

## Activity of Integration

1. "Imagine two athletes training for a triathlon: one experiences consistent improvement in their performance, while the other faces setbacks despite putting in the same amount of effort.

Explore the factors that could be influencing their progress.