

PHYSICAL EDUCATION

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle.

Physical Fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

Types of Physical Fitness Test

• 50 Meters Sprint • Chair Push-Ups • Standing Long Jump • Sit and Reach • Sit Ups • 15 Minutes Walk and Run • 3 Minutes Step

Materials sa Pagsasagawa ng Physical Fitness test

tape measure • scotch tape • record sheet/index card

pyscia

Physical Education And Its Components

Cardiorespiratory Endurance - The ability of the heart and lungs to supply oxygen to the muscles during long periods of exercise.

Power - The ability to do strength work at an explosive pace.

Muscular Endurance - The ability of a muscle or muscles to repeat a movement many times, or hold a position for an extended period of time.

Agility - The ability of the body to change direction quickly

Muscular Strength - The ability of a muscle or muscles to push/pull an object using total force.

Speed - The ability to move quickly from one point to another

Flexibility - The ability of a muscle or muscles to move a joint through its full range of motion.

Balance - The ability to maintain an upright posture while still or moving

Body Composition - What the body is made of.

Reaction Time - Amount of time it takes to get moving.

Coordination - Integration with hand and/or foot movements with the input of the senses.

