



# Introduction to Physical Education



## LEARNING OBJECTIVES

AT THE END OF THE LESSON, LEARNERS SHOULD BE ABLE TO



1

Define Physical Education and its importance



2

Recognize the historical development of Physical Education



3

Demonstrate understanding of the legal basis



4

Explain the aims and objectives

## Concept of Physical Education

From a Latin word "physica"; is otherwise known as phytic

# An Introduction To Physical Education

**CL Gary**



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