



Culture Corner

The Changing Face of Physical Education

Vocabulary

1 a) Label the activities in the pictures using the words listed below.

- volleyball
- sit-ups
- self-defense
- indoor rock climbing

b) What activities do you do in your physical education classes?

Listening

2 Listen and underline the correct item for statements 1-3.

- Physical education departments in the US are considering **innovative/traditional** methods of getting kids fit.
- With the new methods, emphasis is placed on **competition/participation**.
- Students are also taught how to monitor their heart **rates/beats** and pulses.

Reading

3 Read the article and answer the following questions. Then explain the words in bold.

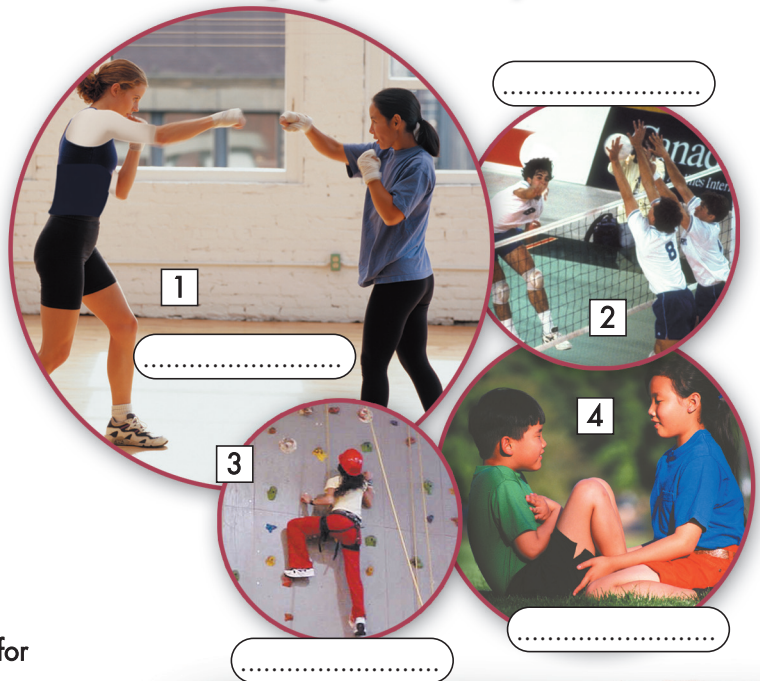
- What new activities are being added to the PE curriculum?
- What is the rationale for adding these new activities to the curriculum?

Speaking

- a) What types of activities are you taught in the PE classes in your country?
b) Some people object to PE classes as they consider them a waste of time. Do you agree? Why/Why not?

Writing

- Write a short essay about the type of physical activities that you would like your school to adopt.



NEW WAYS for KIDS to GET FIT in SCHOOL

Physical education departments all over the US are considering new and more **innovative** methods of getting kids fit. In contrast with traditional **dodge ball**, push-ups, sit-ups, and running around the track, kids in gym classes all over the US are gradually being taught indoor rock climbing, swing dancing, self-defence, tennis, and inline skating. In one PE class in a California junior school in Petaluma, students are even taught circus skills including juggling, plate-spinning, and stilt-walking!

The **rationale** behind the **reconfiguration** of the PE curriculum is that traditional physical education classes that centre on team sports such as basketball and volleyball tend to leave less athletic kids feeling left out and **self-conscious**. With the new methods, the emphasis is now placed on participation rather than competition. One study suggests that only ten percent of kids are actually natural athletes who **thrive** on competition. Although sports continue to be the main activities taught in school, since there are still valuable lessons learned from games, they will not be **priority**. Physical education **guidelines** in California now stress lifelong fitness activities through the development of movement skills, **social interaction**, and **self-image**. Focus is also placed on teaching students how to monitor their **heart rates** and **pulses**, and adopt healthy eating habits. The main goal of these new classes is to get kids to enjoy being active as well as help them develop fitness habits that will last throughout their lives.