

Physical education and health

Physical education and health is a subject in which the pupils are physically active and develop their locomotion. It also brings knowledge of the connection between physical activity, wellbeing and health.

Physical education and health includes both practical and theoretical moments. Examples of these moments are different kinds of plays, games and sports, in- and outdoors, as well as dances and motion to music.

The subject is mandatory, just like any other subject in school.

The teaching of the subject Physical education and health will in summary help the pupils to develop their skills to:

- *move comprehensively in different physical contexts*
- *to plan, to practically perform and to value sport and other physical activities from different points of view regarding health, motion and lifestyle*
- *to take part in hiking and outdoor life and to adjust these activities to various conditions and surroundings*
- *to prevent risks connected with physical activity*
- *to handle emergency situations aland and in water.*

Health and lifestyle

Through the teaching you will get to know *many different kinds of activities*. You will also get a possibility to develop your knowledge of what affects your physical ability and how you may affect your health throughout life.

Collaboration and motion

The teaching will help the pupils develop their ability to co-operate and respect for others. The aim of the teaching is to make it possible for all pupils, during the entire time they go to school, to participate continuously in the physical activities of the school.

Hiking and outdoor life

The teaching will help you to develop your ability to stay in outdoor environments and in the nature during different seasons of the year. You will learn to appreciate the value of an active outdoor life. The teaching will also help you to learn more about risks and safety factors connected with physical activities, aland and in water, and how to act in emergency situations.

Tip

Sometimes, when you're about to learn new things, it may be hard to understand how an activity should be carried out.

- Watch your class mates and then try to do equally.
- Ask your class mates or the teacher if there's something you don't understand.
- If you have a student supervisor, you may ask him or her if there's something you wonder or think of.
- If the physical education class is supposed to be outdoors - Don't forget to choose the right clothes for the right weather!

The class

Before class the pupils will change to appropriate clothes and shoes. It's common to wear:

- Soft pants or shorts
- A thin sweater or a t-shirt
- Sneakers (Not the same ones that you wear outdoors. No black soles)

After class all the pupils will shower. You will need:

- A towel
- Soap



Swimming and water games

Swimming and water games is a part of the subject Physical education and health.

To be able to swim is important in order to be able to make use of the sea and lakes, and to prevent accidents. When the pupils finish their sixth year in school they should be able to swim at least 200 meters and manage to handle emergency situations connected with swimming.



Swimming bath in Alvesta

The teaching starts as early as in classes 1-3. The pupils will develop their accustomedness to water by playing in the water and doing exercises. They will do balance- and float exercises as well as trying to swim in stomach- and supine position. In classes 4-9 the focus is more on the development of the swimming skill.

Through the teaching, the pupils will also learn about risks and safety.



The big pool

The class

Before class all pupils will shower naked and then change to swimwear.



Here you put your clothes.



Don't forget to shower.

You will need some of the following clothes when you bathe or swim in the pool:

- Swim shorts
- Bathing-trunks
- Bikini
- Bathing suit
- Burkini

It's not allowed to wear your underwear under the swimwear when you're in the pool!

After class all pupils will shower again. You will need:

- A towel
- Soap