

REPORT ON THE TEACHING OF SPORT IN SCHOOLS IN OUR COUNTRY

Introduction

The purpose of this report is to outline the positive and negative aspects of the way sport is currently taught in schools in our country and to make recommendations for future improvements.

Strengths in the way sport is currently taught

Logically, at school most sport is taught in Physical Education lessons. Most students have three hours of P.E. a week, and some schools have an additional hour of swimming. On top of this, most schools offer extra-curricular sports activities, which often include competing for a school team. In my opinion, the number of hours dedicated to sport is sufficient. Usually within the three hours of P.E. lessons, students are given practice in a wide variety of different sports and tasks, which is valued positively by most students. Furthermore, most lessons are very practical, and this helps students to maintain a certain degree of fitness.

Possible weaknesses

Despite the fact that practical lessons are popular, very little theory is taught, so, for instance, students know very little about preventing or overcoming injuries, or the best way to stay in shape. Another problem is that nearly all games and activities are highly competitive, and I believe that this has a negative influence on some students, reinforcing the idea that sport is always a question of winning or losing, but not something valuable in itself.

Recommendations for the future teaching of sport

Having taken everything into consideration, I recommend that all schools add occasional lessons in sports theory so that students know more about the science of fitness. This will help students know more about their bodies, something which will help them to lead healthy lives in the future. I also suggest varying sports practice so that not every activity is competitive. I feel that this would encourage every student to enjoy doing sport, not just the students who are good at it.