



Proposed Curriculum for Physical Education to Elementary School for Girls in Saudi Arabia According to the American Education System

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Building Leadership for Change Through School Immersion

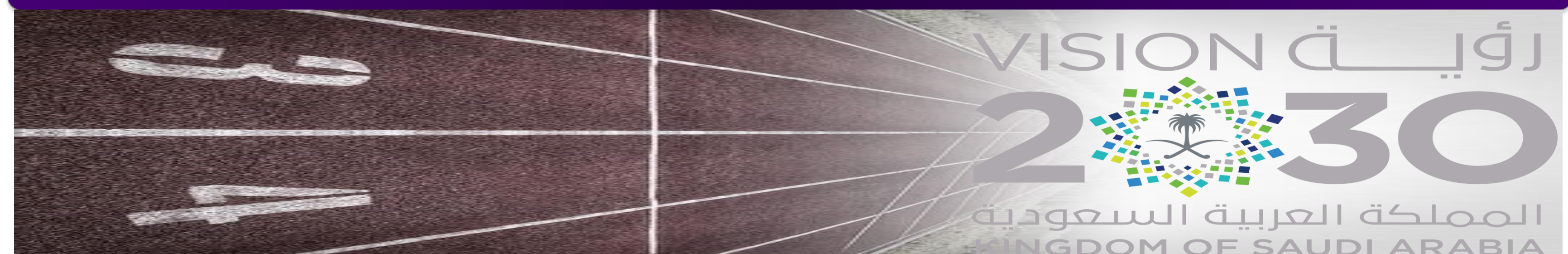
Author Information

Abdalmohsen Abdulaziz, Awn, has been the Physical Education Supervisor for the Education Office, located in South, Riyadh, in the Kingdom of Saudi Arabia for the last four years, and the Ambassador of the Health Promotion and Healthy Lifestyle Program in the Department of Education in Riyadh. He has a Master's degree in Movement Science from King Saud University. His academic interests include physical activities and healthy lifestyle and has been a Physical Education teacher for 16 years . He worked as a collaborator lecturer with the Department of Physiology at King Saud University for teaching the fitness and healthy culture course.

Abstract

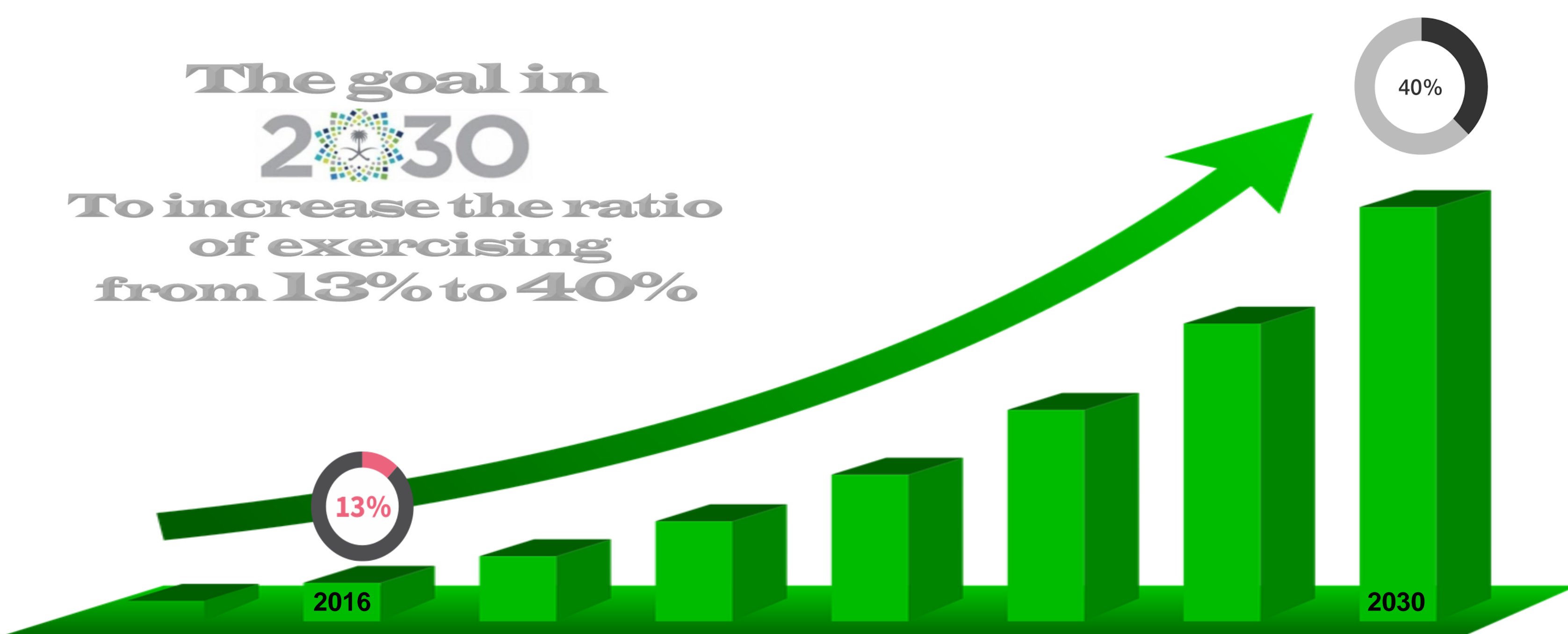
The purpose of this proposal is to investigate and design Physical Education and Health-related curriculum programs for girls in Saudi Arabic elementary schools. The project will be implemented in two phases. The first phase is the initiatives for preparation and design (training packet) for female teachers on how to teach physical education and designing curriculum for girls. The second phase is for implementing the physical education curriculum after the preparation of a specialized curriculum for the students in the academic year 2019-2020. This quantitative study will employ two groups: an intervention group using American instructional methods for teaching physical education and the controlled group which will use the teaching instruction based on Saudi Arabia physical education for boys. Ten elementary schools for girls will be randomly selected based on school location (north, south, east, and west regions) in Riyadh. The goal for implementing physical education for girls at elementary schools is to help build fitness, improve health, develop social skills, and positively affect the appearance and psychological conditions for girls.

Statement of Need



Increasing the rate of physical activity is one of the concerns of Saudi Vision 2030. Therefore, one of the goals of the theme "Vibrant Society with Fulfilling Lives" by 2030 is "To increase the ratio of individuals exercising at least once a week from 13% of the population to 40%". Accordingly, the decision of the Ministry of Education was issued to include physical education in the educational curricula for girls in Saudi Arabia.

After I observed the physical education in American elementary schools during the school immersion, I found the over-arching goal of their physical education is to develop the fundamental motor skills and healthy physical activities rather than sports. This is consistent with Saudi Vision 2030 which keeping young girls active as well as address the problem of lacking sports facilities in girls school. I propose to use the U.S. physical education system as a model in Arabic schools for girl students.



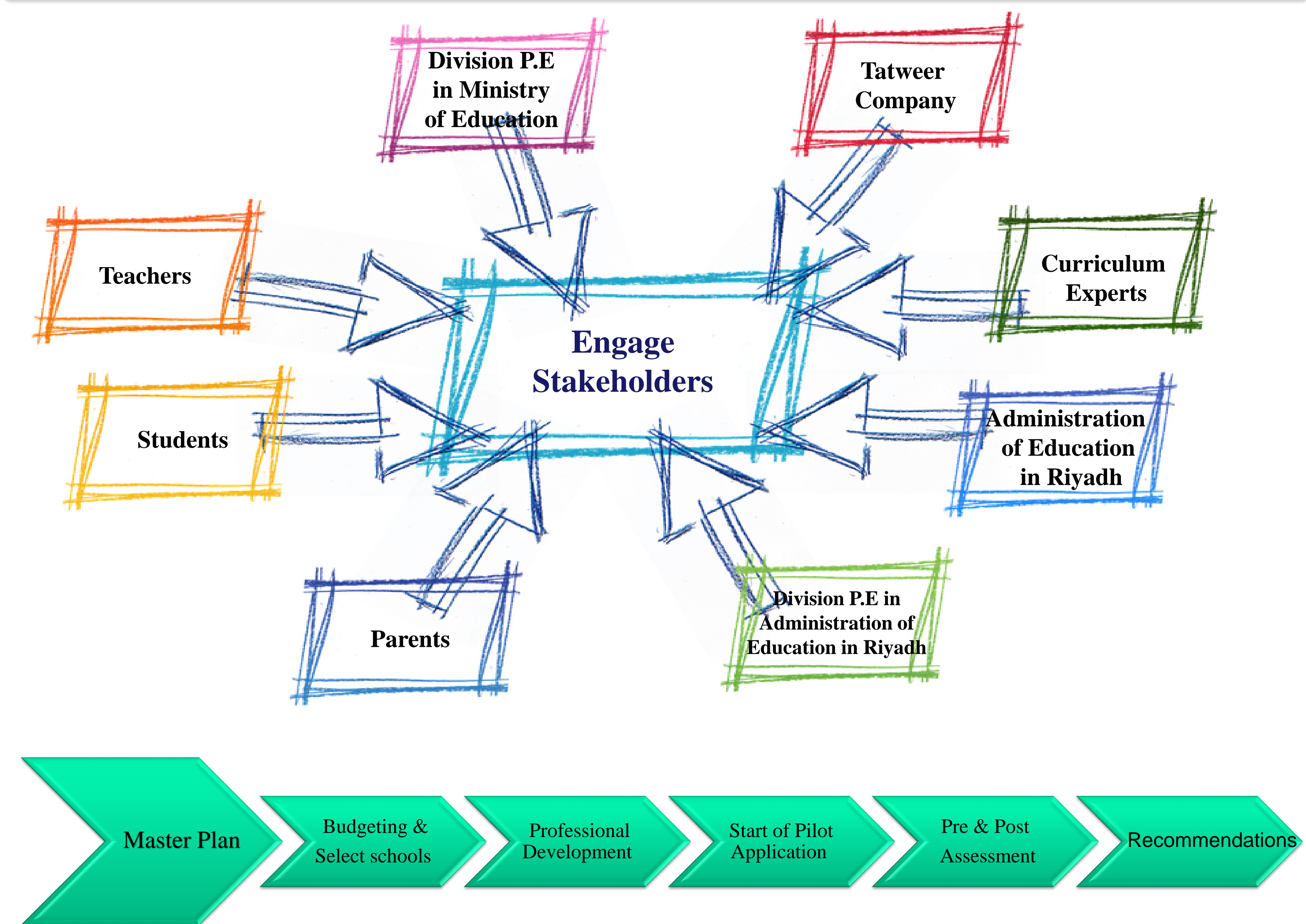
Review of the Literature

“Physical education is a learning process that focuses on knowledge, attitudes, and behaviors relative to physical activity (Darst et al., 2015), and socially constructed activity that forms one component of a wider physical culture that includes sport and health/physical activity” (Coulter M, Ní Chróinín D, 2013). Physical education aims to achieve the overall and balanced growth of the individual, and to the maximum preparations and abilities for students through participation in physical activities, commensurate with the characteristics of the growth of each stage under the supervision of qualified educational leaders. (Ministry of Education, 2001).

The Purpose of Physical Education

- In the United States, to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity (SHAPE America, 2014).
- In Finland is to prepare children and youth for a lifetime of physical activity (Heikinaro et al., 2014).
- In Ireland the aim of physical education is to support learners' confident, enjoyable and informed participation in physical activity now and in the future (National Council for Curriculum and Assessment, 2011, p. 9).
- In New Zealand the combined Health and Physical Education Curriculum (Culpan & Bruce, 2014).
- In Belgium the promotion of lifelong physical activity (De Martelaer et al., 2014).
- In Switzerland the physical education aims to experiencing wellbeing and feeling healthy, explorative, expressive , productive , comparative and cooperative (Pühse et al., 2005).
- In Germany, physical education has the double-mission of educating for sports, and educating by sports (Deutscher Olympischer Sport Bund, 2009, p. 5).
- In Saudi Arabia the philosophy of physical education is based on three main axes, Islamic religion, national customs and traditions, and physical activity and sport (Ministry of Education, 2001).

Implementation Plan



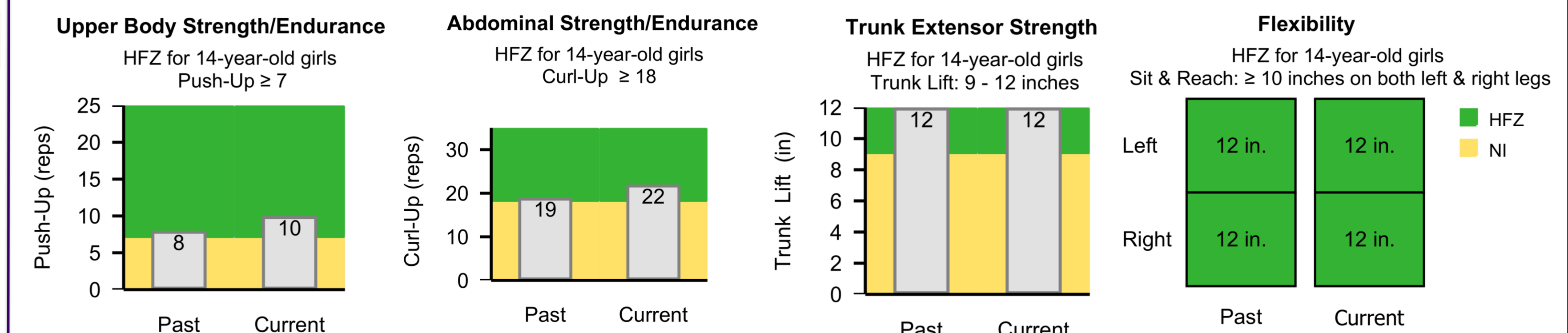
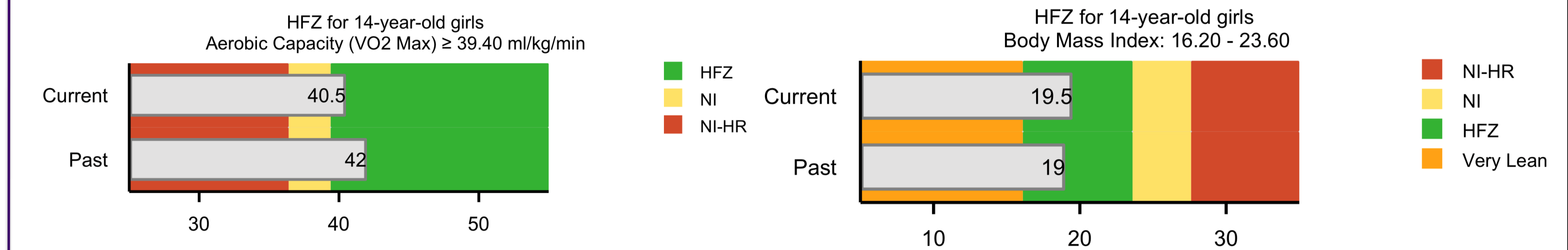
Health-Related Fitness Components Assessment



Evaluation Plan

Healthy Fitness Zone Standards

It is “student fitness report card,” in an effort to improve school physical education programs and bring awareness to children's health. It is a health-related youth fitness assessment that utilizes evidence-based standards to measure the level of fitness needed for good overall health. Just as students should know their academic progress in the classroom, students should know their fitness levels and understand the relationship between fitness and health. (Cooper Institute, 2014)



The Fundamental Motor Skills Assessment Evaluation Key

- 3 = Excellent: Student exceeds grade-level expectations.
- 2 = Competent: Student meets grade-level expectations.
- 1 = Needs Improvement: Student needs more practice to meet grade-level expectations.
- NA = Not assessed.

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خبرات

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