

## **The situation in Physical Education: Problems and Expectations in Greece**

### **1. General aspects of PE in the national school system**

The Physical Education contributes to the continuous improvement of the body structures, of the mental and psychological strength of the students. Therefore they will be prepared to enter the adult life in harmony.

In Greece we separate the fundamental education in three levels: Primary, Lower Secondary and Upper Secondary Schools levels.

a. In primary schools PE Teachers teach 3 hours per week in A, B, C, D grades and 2 hours in E, F.

In Lower Secondary level they teach 2 hours per week.

In Upper Secondary level they teach 2 hours in A and C and 1 hour in B grade.

In Technological Upper Secondary schools they teach 2 hours in A and 1 hour in B,C grades.

The proposal of PENELFA's Board to the Ministry of Education is the teaching of 3 hours in all levels (Primary, Lower Secondary and Upper Secondary).

In all grades the classes have around 25-27 students (mixed boys and girls) but in sports they separate male and female to play in the teams.

In primary schools, teachers PE usually teach PE. If there is not teacher of PE, the Director of the school should trust the general teacher, if he has followed PE lessons in his academic studies.

There is an analytic PE program with basic provisions, but without a great number of diversions (not more of 20%).

b. The main problem is the few hours per week for PE.

c. In primary and secondary education the problem is the lack of playgrounds and athletic equipment. The government should give more money for Education purposes.

d. The continual improvement of PE Teachers accomplished with seminars in new methods of teaching.

## **2. Aims/objectives and teaching concepts of PE**

- a. The key points in primary schools are fundamental movement skills and sports education in a simple way.
- b. In secondary, the education structure of the main Curriculum is based on positive effect of PE, on the development of the habits of good health, the preparation to do athletic activities in teams and to make strong character.
- c. The predominant teaching concepts are at first to make all students to love PE from primary school, to take all the values of Olympic Spirit and finally to decide what sports must continue for all their life.

### **Innovative Idea in Organization of Physical Education Department.**

The PE teachers are heroes, since they must teach a lot of subjects, to prepare teams, to organize many activities and help the students' character etc.

The PE teachers:

- Should have friendship and collaboration with the teachers of other fields.
- Should have a co-operation with students' council, parents society, Education committees, athletic associations and self-government.

All the above should help the Teachers of PE in all athletic activities.

We should continuously remember that there is not Education without Physical Education and the main purpose of Physical Education is to prepare mentally the students for Personal Physical Education during their life.