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# University of Pretoria Yearbook 2020

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## Methodology of Life Orientation and Physical Education 461 (JML 461)

**Qualification** Undergraduate

**Faculty** [Faculty of Education](#)

**Module credits** 6.00

**Programmes** [BEd Intermediate Phase Teaching](#)

[BEd Senior Phase and Further Education and Training Teaching](#)

**Contact time** 2 lectures per week, 2 practicals per week

**Language of tuition** Afrikaans and English are used in one class

**Department** Humanities Education

**Period of presentation** Quarter 1

### Module content

This module addresses the practical application of teaching skills, planning and presenting of Physical Education lessons as topic of Life Orientation (presentation of micro-lessons).

Themes include:

- Exploring a meta-cognitive approach in teaching and learning
- The LO teacher as educator (including overcoming challenges innovatively)
- The LO teacher as counsellor (including eco-systemic approaches)
- Development of the self in society
- Health, social and environmental responsibility
- Constitutional rights and responsibilities
- Physical education
- Study skills

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