



Physical Education *For* Secondary Schools



This Physical Education for Junior Secondary Schools form 1 textbook is written in line with the revised Syllabus by the Curriculum Development Centre in Zambia. Physical Education in simple words is understood as learning with the help of movements of body and realising the benefits at mental level. It also means education through the use of physique and physical movements and deriving advantage from them for social gain.

Physical education consists of many different sports and activities, giving students ability to compete and learn a variety of games. The main objectives of physical education are to: develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.

At the end of the chapters, students will be tested by doing multiple-choice questions and short-answer questions. I would like to mention here that the questions have been carefully selected to test the students' understanding of concepts, materials and techniques used in physical education. Also included are comprehensive definitions of physical education terms.

ABOUT THE AUTHOR

Mwelwa Z. Mwansa has formerly been a teacher of Art at Butondo Secondary School in Mufulira, Zambia. He later moved to Botswana where he continued to teach Art and coordinating sports in various schools for 25 years. He left Botswana for Zambia and continued to teach Art at LICEF Secondary School in Lusaka and at Mpelembe Secondary School in Kitwe, Lake Road PTA School in Lusaka. He has also lectured at Evelyn Hone College in the School of Education. With him lies a vast experience of teaching Art and coordinating sports at both Junior and Senior Secondary School levels, and this is fully reflected in this must 'have' text.

The Author holds a Bachelors of Arts degree in Fine Arts from Almeda University, USA, a Teacher's Diploma in Art from Evelyn Hone College of Applied Arts and Commerce, Lusaka, Zambia and a Certificate in Computer Graphics from Intec College, South Africa.

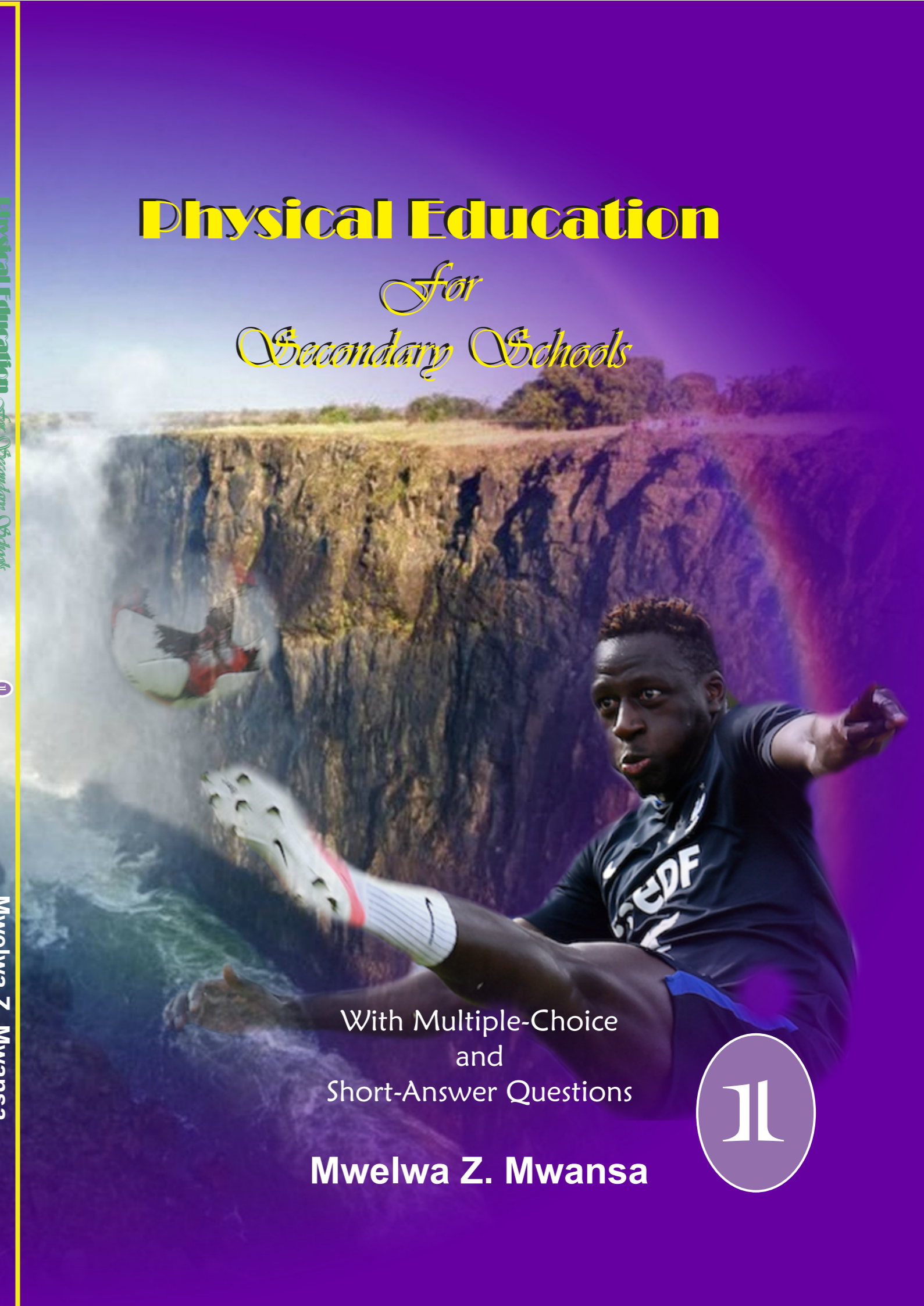


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Mwelwa Z. Mwansa

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With Multiple-Choice
and
Short-Answer Questions

Mwelwa Z. Mwansa



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Music

For Junior
Secondary Schools

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This Music for Junior Secondary Schools form 1 and 2 is written in line with the revised Music Arts Education syllabus by the Curriculum Development in Zambia. Music is “sound that conveys emotion”. The ability to communicate emotion is precisely what made music persist after the development of language.

This book provides comprehensive information on Musical Arts Education, with entries on musical arts and society, rhythm, metre, pitch, interval, melody, form, musical terms and signs, harmony, musical arts and technology, tone colour (timbre), texture and conducting.

The book is written to test students’ understanding of music concepts, materials and techniques used in Musical Arts Education. Students are also provided with 65 short-answer questions and 25 multiple-choice questions together with comprehensive definitions of music terms. The book further serves as a guide for teachers on how to approach the syllabus and set monthly tests.

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