



Interdisciplinary teaching and Physical Education



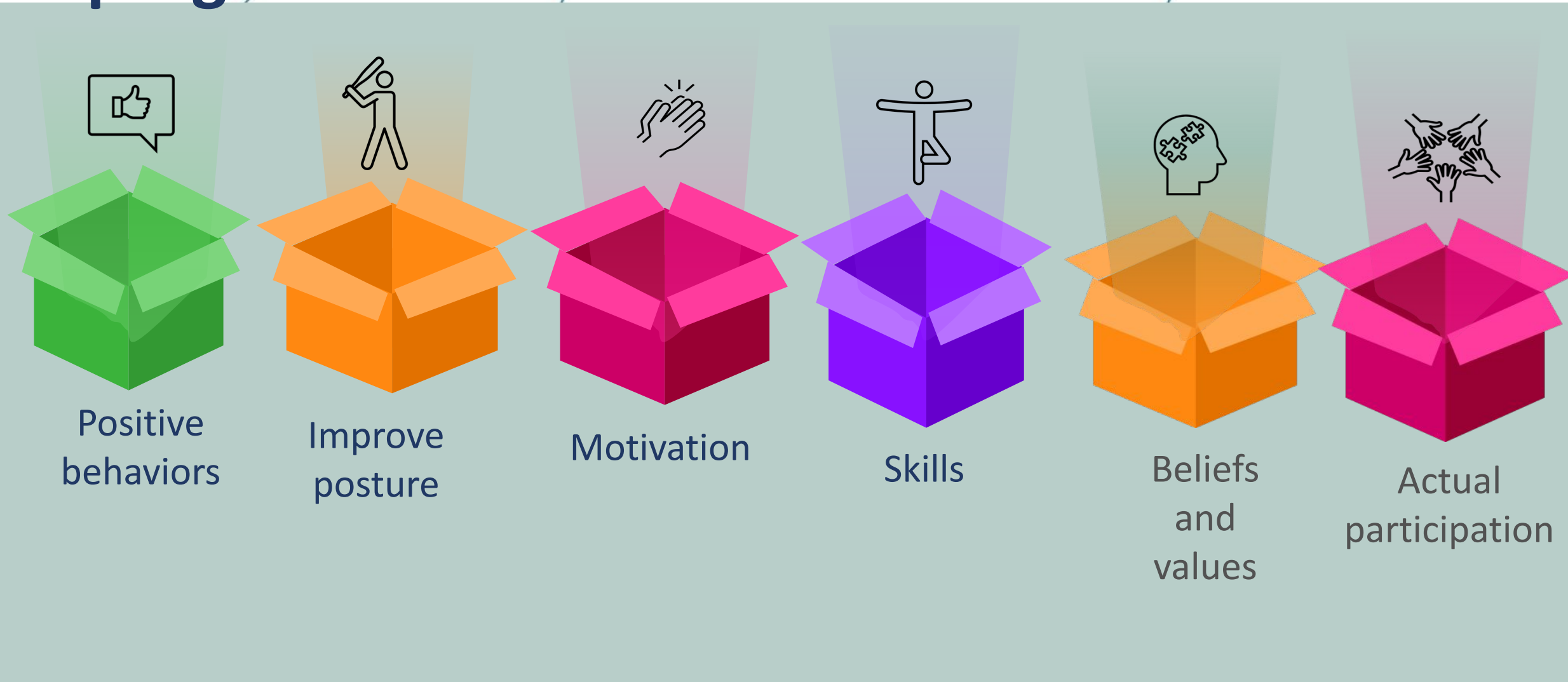
Teaching the whole child provides students with a fun,
and engaging environment in which they learn and
enjoy moving

Mind

Body

(Hannafor, 1995; p.11)

Interdisciplinary in health education programs





Interdisciplinary program on physics and physical education

Increase
autonomous
motivation

Satisfaction

Decrease
amotivation

Meaningful
learning

Wellness



Interdisciplinary program on mathematics and physical education

Higher
satisfaction



Higher intrinsic
motivation



Positive effect
on student's
perceptions





Interdisciplinary program on ancient Greek and physical education




Positive attitudes




Positive intentions





▶ Physical education lesson can be enriched with elements from other school disciplines but also contribute to the learning process of these disciplines



▶ Well-designed cross-curricular interdisciplinary teaching programs can improve students' perceptions and experiences from physical education classes and eventually their physical activity and exercise behaviors

