

## Title: Fitplay - The Teaching and Learning of Physical Health and Fitness through Functional Movement and Exercises

In the teaching and learning of physical health and fitness, functional exercises have become a popular way of improving overall fitness and sports performances. Functional training focuses on compound and multi-jointed movements that prepares the body to perform daily tasks better. It has also gained traction among gyms in Singapore and is one of the ways the fitness programme in the Singapore Armed Forces is designed to mirror combat and vocation-specific movements. The presentation will emphasise on how to design content and pedagogical approaches to help learners gain competency in basic functional movements and incorporate functional training equipment in their workouts. The presenters will also share how PE teachers can gamify the lessons and culminate in a cohort level competition to increase students' motivation towards physical health and fitness.