

# Effective Content Delivery in Physical Education

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**Abstract:** *In this article efforts has being made to analyze effective content delivery in physical education. Our little investigation has shown that the present nature of physical education contents delivered to students in most secondary schools in Nigeria is in a state of quagmire. The question here is how will the students perform academically since the contents delivered are not up to physical education standards. The major concern of this paper is to relate some varying factors with contents delivery in physical education. These variable are curriculum contents ,availability of sport facilities, teachers training, time allotment, teacher supervisor and it rounds up with conclusion and recommendation.*

**Keywords:** Content Delivery and Physical Education

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