EXPLORING THE CHANGES IN PHYSICAL EDUCATION IN TIMES OF PANDEMIC

by:

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The Physical Education subject requires a face-to-face approach for our learners. Because it requires extreme care to be taught and monitored, students must do well as they perform their work within their school. But in our time like this, we are facing a severe crisis caused by the COVID 19 pandemic. The intense development of students is hindered when it comes to Physical Education which has a great contribution to the health of students especially the student-athletes.

Three authors have stated that the pandemic has led to the implementation of protocols that has changed how teachers teach and communicate with students and families. (González Calvo, 2020), (Verea, V, 2020) (G. Monge, A, 2020). The traditional in-face teaching was deemed risky for school based viral contagion thus physical contact, which is highly required in teaching PE, has been placed on hold.

Due to this, our President Rodrigo Duterte decided again to reject a bid to hold face-to-face classes in the country until a COVID-19 vaccine becomes locally available. (Magsambol, 2021). To prevent the increase in cases of the virus we need adhere to health protocols provided by our government. So, there is a limited practice of Physical Education and other subjects per student to keep us safe from the dangers posed by COVID 19.

As teachers who guide our students, we need to motivate them to work hard and take seriously the activities that belong to Physical Education. We need to provide the easiest and available means, ways and resources in their households or surroundings to
be used in strengthening their body. As much as we can teach them to be resourceful in the things that are around them, it can help boost their resistance to fight against corona virus and other diseases. We also need to follow up with our students if they can do the activities available in Physical education, if not, we must provide some activities that they can do based on their abilities.

Our government, generally speaking, is doing everything they can to meet the needs of the Department of Education nationwide, delivering what is best for our students. As students, let’s give importance to the hard work of our leaders and front liners. They are doing their best to improve our education despite the threat of the covid 19 pandemic.

References:

Magsambol, B., (2021), Duterte rejects face-to-face classes until vaccines available in PH, retrieved from https://www.rappler.com/nation/duterte-rejects-face-to-face-classes-again

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