SOLUTIONS TO THE PROBLEMS MET BY TEACHERS TEACHING PHYSICAL EDUCATION

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Physical Education is an important segment of general education which aims to contribute to the total development of the learner through participation in selected activities. It provides opportunities to acquire lifelong skills that are essential to his physical, mental, social and emotional development.

As stated in Long Branch Public Schools Physical Education Philosophy, “quality Physical Education program is fundamental for the students so that they will remain physically active throughout their lifetime and reap the benefits of doing so.” Quality Physical Education provides students with a multitude of important learning experiences that cannot be duplicated in the classroom. Physical Education is that phase of education which is concerned with the teaching of skills, improving physical fitness, the reinforcement of other subjects, self-discipline, leadership and cooperation, enhancing self-efficacy, stress reduction, and strengthening peer relationships. Physical activity contributes much to the growth, development, and the general well-being of every individual. Some of the benefits are: 1) an opportunity to teach character traits such as sportsmanship, teamwork, cooperation, encouragement, kindness, responsibility, self-esteem, respect for others; 2) it keeps the students healthy through participation through the program, while teaching them the basic skills needed for future fitness, athletic, and health success. A student who is physically and mentally healthy is more likely to be prepared to meet the daily challenges of living in the society, and is more likely to make appropriate choices about lifestyles; and 3) it provides activities where self-expression, self-confidence, and physical and mental
poise can be attained though perseverance and mastery of physical, mental, and social tasks.

Yet with such contributions, it was found out that teachers encounter problems in teaching Physical Education like unavailability of sports equipment and facilities, insufficiency of books, lack of knowledge for teachers to teach the subject and insufficient instructional materials.

Based on the findings of the study entitled, “Activities and Problems of Teachers Teaching Physical Education in the Public Elementary Schools of Dinalupihan West District” (Manuel, 2011, Unpublished Thesis), the possible solutions to the problems met by teachers teaching Physical Education got an average weighted mean of 4.73 which means that respondents very much agreed with the possible solutions suggested like proper networking, attending sports clinic, seminars and trainings; procurement of sports supplies; putting up physical and playground facilities; utilizing Physical Education and others to improve PE instruction.

It is recommended therefore that 1) School heads and administrators should encourage teachers to continue growing professionally by taking master degree and there should be more seminars related to Physical Education. 2) Variety of teaching methods and strategies should be employed to make teaching processes in PE become more cooperative, interactive, and integrated with desirable values to make the teaching and learning processes more meaningful and productive. 3) PE teachers should try to evaluate their strengths and weaknesses in teaching and should upgrade their teaching strategies and methodologies through seminars and workshops to ensure perfect evaluation. 4) The school should look into the equipment and facilities that are lacking because learning is more meaningful when pupils can manipulate these materials.
With this solutions, teaching of Physical Education may be improved so the pupils would be able to acquire the knowledge, skills, attitudes and confidence needed to adopt and maintain a physically active and healthy lifestyle.

References:


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