TEACHING PHYSICAL EDUCATION ONLINE

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There are numerous challenges to teaching online, including: complex technology; less content to cover; increased time consumption due to more open-ended schedules. Physical education teacher education (PETE) may suffer the most as a result of the shift from traditional face-to-face instruction and environments to virtual ones. Few other areas of teacher education contain such a profound contradiction, because PE teaching and learning are based on physical movement and movement exploration elements that are notoriously difficult to replicate digitally.

PETE is facing unprecedented challenges as a result of the COVID-19 pandemic. Nonetheless, PETE instructors will be best served by taking advantage of these exceptional circumstances and focusing on the benefits (vs. drawbacks) of technology, and using technology to enhance PETE.

Instructors can use curated videos (e.g., ATLAS, National Board for Professional Teaching) in their classrooms. Standards to demonstrate to PETE teacher candidates what effective teaching and learning entails. as in physical education classes at school Teacher candidates should be encouraged to learn how to use animations or video games to motivate schoolchildren to participate in a variety of enjoyable physical activities.

Furthermore, much of what is effectively taught online may be leveraged and utilized in future blended teaching in the post COVID-19 PETE era, potentially saving time in face-to-face situations and making PETE more productive.
References: