TRAINING STUDENTS TO BE SPORTS-MINDED

by:
Ariel M. Santos
Teacher III, Orani National High School – Main Campus

The Department of Education has a strong stance when it comes to sports. As cited by Caiga (2005) in her article about Sports published in the Educator’s Magazine (2005), the department believes that the development of students does not only lie on academic excellence and achievements but also on the special skills and talents that they have. One of these skills is found in sports. Sports does not only make one physically fit and conditioned, it mostly improves the personality and confidence of a person particularly of the young people who are just starting and dreaming of a better career in the future.

Also not to be neglected by the teacher-trainer is the learning style or the multiple intelligences of the students. The teacher may conduct an inventory of the students’ multiple intelligence or learning styles. To have a hint of these modalities.

The learning style of students that indicates the inclination to sports are students who are Kinesthetic, which shows that students love moving around, energetic and who always wants to have actions. At least this inventory can help in giving different activities in Sports.

Another way to inculcate sports in the mind of students is through knowing the different sports personalities in different sports both local and international like basketball, volleyball, football swimming, archery, chess, cycling and other sports.

The Department of Education lined up different school sports activities for the enhancement of the different sports abilities of the students. These include multi-level school sports competition (intramurals, district, division and regional athletic meets).
technical assistance to regional training-seminars in coaching and officiating and physical fitness program.

In the PE classroom, teacher may discuss sports through different use of technology to give chance to students to view different sports personalities and the particular sports they are in.

Most of all, for the teachers to be authentic, he or she must let the students to watch personally any sports competition being held in the students own place or if possible in places where athletes play, for instance in Smart Araneta Coliseum, The Arena, MOA Arena or even in different universities and colleges.

If a sports teacher can execute all of these approaches to students, then by all means, at least students will be aware of sports and its significance, since there is no denying that the sports development of students will help in their academic improvement.

Reference: