VENTURING PHYSICAL EDUCATION IN THE WORLD OF PANDEMIC

by:
Analene Carreon Ramos
Teacher III, EC Bernabe SHS, Bagac

There is no denying of the fact that our world has entered the unexpected emergence of the COVID-19 pandemic. This worldly menace has caused interruptions in the economy, job markets, leisure and recreations, business opportunities, health maintenance, and the regular classes in schools and universities – both public and private. In the Philippines, the usual start of the school year is in the month of June. A regular school year spans ten months of academic flow with extra-curricular activities intended for the learners. Moreover, the common modality is face-to-face; teachers and students interact with one another in lectures and performance tasks. This is the “typical normal.” Now, the world of pandemic has shifted the time into the so called “new normal.” There are core, applied, and specialized subjects that are taught to secondary learners (most specifically to senior high school). However, there is this one subject that requires physical activities and fitness practices to the students – the Physical Education subject. Imagine how our PE teachers will deliver the lessons in this particular area. Imagine how our learners will grasp the standards and learning competencies of the Physical Education. Nowadays, the Department of Education has issued various alternatives to be utilized by all the prime movers of education – through online classes, modular type of the learning process, and the blended learning modality. Whatever the case is, it will be arduous to both parties to entrust the sharing of knowledge and performing of tasks in the Physical Education subject. Essentially, under the Republic Act 10533 otherwise known as the Enhanced Basic Education Act of 2013, K to 12 curriculum fosters 21st century skills for learners to prepare them to get ready for their future. These skills are significant for the holistic growth of an individual. The PE curriculum helps the young
learners to enhance and advocate their own physical fitness. Physical Education plays a great role in the need of a person to stay healthy at all costs while they are joyfully studying in a friendly environment. It prioritizes habitual physical activity inside and outside of the classroom walls. It establishes the psychomotor domain of learning among young people. It restructures a student’s engagement not only in fitness tests, but also in sports. Learners must understand that physical education must be continued at home and in community activities such as Fun Run, Zumba, Indoor and Outdoor Sports, and such. These cases will not totally be applicable in today’s situation. In the meantime, students are told to stay at home while the school leaders and the teachers are planning for the ways that will cater the necessities suitable for the ongoing predicament. Teaching the PE subject will not be simple and easy; it will not be in the fullest way just as it was before. How will the PE teachers manage the ratification in today’s educational movement amidst the worldly disease? One answer is to be more flexible. Just like a rubber band that is stretched, teachers should show versatility in teaching and reaching out the students so that they will still be in transit of being physically fit. In online teaching, PE teachers can venture on creating helpful videos that will instruct the students to follow procedures towards a certain task. Teachers may put fun and relevance to the way they learn while adjusting in the new normal pace. In terms of module, it will not be easy to go through the teaching-learning process of the PE subject. Instructions with photos are really helpful, but games where they can actually exercise and posit movements will be even a greater strategy to help them learn and comprehend. Face-to-face teaching is yet restricted, but we can still find ways to progress and to improve. The global pandemic is not forever, and the highlights of the new normal education serve as catalysts to respond to the needs of all the sectors especially of the education. The COVID19 virus should not be a reason to stop what has been founded and what has shaped our people. It must not fully affect our paradigmatic conceptions in teaching and learning. The Department of Education has advocacies that involve the teachers, students, parents, school administrators, and other stakeholders to maintain resiliency and strategic notions. With
this, we are one to venture the appropriate ways we need today. Physical Education brings a challenge to be creative and social. It enhances the physical, mental, spiritual, social, and physiological aspects of a person’s life. It is a good thing that despite of the plague, the PE subject is still considered in Most Essential Learning Competencies (MELCs). There are teachers who are designated to design and construct modules and learning kits that will enable students to learn continuously even at home. Venturing physical education in the world of pandemic calls for the parents, too, to become the facilitators and to provide extended guidelines. It may be a fact that this global sickness has deteriorated that cornerstone of the educational system, but it helped everyone to hold hands and prioritize all the learners at all cost. Physical Education, along with other subject areas, will never cease to be a part of the curriculum. It will continue to hone a student from the beginning until the success of his or her academic years.

References:
K to 12 Curriculum Guide (Physical Education), May 2016.