



TEACHING PHYSICAL EDUCATION IN THE NEW NORMAL SETTING
 MYRNA S. MAHILUM, JOHN ELMER N. BAROLA, BEVERLY T. MANALO

ABSTRACT

This study aimed to explore the effectiveness of teaching physical education in these challenging times brought forth by this pandemic. Teaching physical education now requires more effort because of the distance between the teacher and the students. Among the 30 respondents, only 50% has access to engage in virtual class. The other 50% only has their modules to bring home with them. This allowed the researchers to get a good look on how these students responded to the task they are assigned to. Those with access with technology was evaluated differently rather than the ones with self-learning modules allowing for a more objective approach on the topic. Students without access to online learning are limited to instructional assistance from the teacher to help them better understand the content of the subject. Physical execution is also not observed in the students without access in online class. The researchers found out that students with access on online class are more likely to develop physically active body with the use of online instructions from the teacher.

Key Concepts: Physical Education

INTRODUCTION

Upon the explosion of the news that Philippines will be under the strict Enhance Community Quarantine, not just the government but also private sectors were affected by the order. The Department of Education issued a halt in all Education activities even the prestigious Palarong Pambansa was postponed to comply and also protect the lives of the students. Within these restrictions comes questions after questions that arises on how to teach physical education now that face to face learning is no longer applicable in this time of pandemic. Distance learning is the new normal delivery method of teaching but not all students can attend online classes due to certain shortcomings. This calls the attention of all physical education teachers as to how they will now deliver and execute P.E. within this new normal setting bearing in mind that not all learners have access on the use of technology.

STATEMENT OF THE PROBLEM

This research aims to explore the effectiveness of teaching physical education using blended (online and modular) and modular (printed only) in the new normal setting.

Specifically, this study sought to answer the following:

1. How will the teacher deliver Physical education in the new normal setting?
2. Is it possible to teach in Physical Education in the new normal set up?

METHODOLOGY

The researchers will use descriptive and survey method. 30 grade 4-6 students will be divided into two groups: Group 1 Blended (Online and Modular) and Group 2 (Modular, Printed).

RESULTS AND DISCUSSIONS

A	B	C
	weekly test results	weekly test results
	Blended (modular/online) Group 1	Modular (printed only) Group 2
MEAN	12.1333	8.6
STANDARD DEVIATION	1.40746	1.24212

The table indicates a drastic effect of using blended online learning against the use of modular (printed only) in the effectivity of delivering physical education in the new normal setting. Students without access to online learning are limited to instructional assistance from the teacher to help them better understand the content of the subject. Physical execution is also not observed in the students without access in online class. Students with access are more likely to develop physically active body with the use of online instructions from the teacher.

CONCLUSION

The use of online classroom as a platform in the delivery of teaching physical education should be done 100% so that all students can enjoy the full flavor of the subject matter.

RECOMMENDATIONS

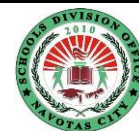
- The local government unit should help in providing communication devices to those students without access to online learning due to financial incapacity.
- Physical education teachers should at least monitor students with access to online learning to check if they are trying to learn the subject
- Support programs should be established to help parent and student be motivated to engage in learning despite the pandemic that we are facing.

REFLECTION

The researchers realized the importance of having communication equipment to keep up in this trying times. Partnership with different groups will help to increase the effectiveness of teaching physical education in the new normal setting.

REFERENCE:

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Republic of the Philippines
Department of Education
 National Capital Region
 Schools Division Office of Navotas City
Wawa Elementary School
 J. B. Santos St., Tangos South, Navotas City

