

SPORTS EDUCATION AMIDST PANDEMIC

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During the pandemic, we were disallowed to get out of our homes to do our regular routines including physical exercise. There were restrictions imposed due to the threat of COVID-19 to our health. However, we saw how important to sustain active living to improve our health. We were taught by the pandemic to be more conscious and cautious of our health to improve our defense against the virus.

Sports Education amplifies the relevance of active and healthy individuals including our learners especially during the lockdowns. It sets apart the academic performance of students into a more diverse form of learning through various physical activities and sports. It enhances social, psychological, and physiological aspects of students. Sports Education allows individuals to become more productive by providing opportunities to become physically fit.

According to UNESCO, Sustainable Development flinches with dynamic, fit and physically involved people. Thus, the schools are great avenue for transformative character towards healthy lifestyles. By divulging to physical activities including sports, recreation, and other relevant skills, students can improve academic excellence, cognitive skills, and social skills.

Sports Education, therefore, must be given priority to bring students to a higher level of active participation in classes. By this, they can improve their mental capacity, discipline, focus, and commitment.

Shoval and Ella (2021) uncovered that men are more engaged in competitive sports than women. This shows that men are more involved in physical activities than girls. It also emphasized that men and women who are involved in sports demonstrated higher academic performance.

Moreover, in the study conducted by Yildirim and Mehmet (2022), it was revealed that students who are engaged in team sports perform well in school compared to those who are involved in individual sports.

With all these findings, it is apparent that sports education has been a paramount key towards progressive form of learning. Regardless of the gender, type of sports, and inclination to physical fitness activities, sports education enriches individual's holistic development.

It was very evident when pandemic hits the education sector, we were dumped and restricted in the confines of our homes. It has placed limitations in delivering lessons, instructions and even in the management of the entire school. Monitoring learning became one of the predicaments of the teachers during this time of pandemic. The system of management in schools was re-booted and re-designed to ensure the well-being of the teachers, staff, parents, and the students while learning takes place at home.

Furthermore, based on the study of Gill et. al (2020), they found out that teachers felt so much pressure and anxiety during the pandemic compared to that of the time where they conduct classes in face-to-face set-up.

This also became the predicaments of the PE teachers where curriculum was taught via online and modular platforms. Throughout the school year, teachers delivered their lessons using these modalities without assurance on the values of Sports Education. This subject requires physical attendance during the pre-pandemic form of learning. Teachers and students struggled in delivering the competencies involved in Sports Education since it demands physical contact to better facilitate learning.

Today, as we gradually get back to the face-to-face classes, we must give priority to Sports Education because it can help students gain their confidence, interest, and social life. This can be of great avenue for students to restore their momentum in attending classes and eventually improves performance and mental capacity.

References:

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