

## PA-NDEMIC: PHYSICAL ACTIVITY IN THE PANDEMIC

by:

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Since the global pandemic brought by Sars-Cov-2 or COVID-19 has emerged in 2020, schools were forced to change their mode of instruction to adapt to a new, virtual, home-based setup. This posed a concern not only in the educational outcomes with the self-learning modality but also in the physical health of the students. The lack of opportunities to perform and monitor physical activities and the increased sedentary behaviors contribute to more health concerns.

Like every other subject, Physical Education struggled to adapt to this abrupt change. Especially in the online setup where the young are more drawn to their screens and laying down instead of engaging in physical activities in their homes. In fact, early studies of COVID-19 suggest a decrease in the physical activity of children and an increased rate of obesity. In addition to this, Physical Education in the modular or online setup cages the lessons in readings without the real-life application.

In the old normal, Physical Education is usually held outdoors, with hands-on experiences for students to apply what they have learned. However, thanks to technology, teachers were able to connect with their students despite the distance learning setup through virtual meeting platforms such as Zoom and Google Meet, or video lessons through YouTube. Assessment could be done online by giving tasks to students involving physical activities they could do at home. It is especially important in these times to engage students in physical exercises to reduce the risk of being affected by the virus or other diseases. Another benefit of staying active and promoting informed physical education helps improve the mental health of the students.

It is important that teachers come up with effective techniques in promoting physical activity to students during the time of the pandemic, as well as to be provided with resources that are beneficial to the students' learning potential even in the comforts of their own home. In unforeseen circumstances, it is always important to prioritize the holistic health of the students and to dig through new techniques that are fitting to accomplish the competencies needed.

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