

## THE USE OF COOPERATIVE LEARNING IN PHYSICAL EDUCATION

*by:*

**Jenrose D. Adraneda**

*Teacher I, Balsik National High School*

Physical education is a curriculum component that influences the development of cognitive, affective, and social skills through learning movement. Physical education is described as instruction involving movement and must be carried out in a beneficial manner (Amri & Ahmadi, 2010). The opinions expressed above call for a more systematic approach to stressing experience through movement so that children have examples of each movement they will make in the future that are compatible with their stage of development. It is true that only some teachers can enforce the regulations as demanded by the beliefs above. Because cooperative learning is a general phrase for collaborative training activities in various small groups, it is one of the most helpful and effective ways of physical education. Learners do learning activities in small groups to learn alongside their classmates. These five traits are generally present in cooperative learning techniques: Learners operate in informal groups of two to five members, cooperate on specific tasks or learning experiences that are better completed by group work, exhibit pro-social behavior when carrying out everyday duties or learning practices, and are interdependent. Learners are personally accountable for their work or learning, and activities are structured so that they depend on one another to complete specific assignments or learning activities (Walker Center for Teaching and Learning, 2020).

Cooperative learning is a training method that involves giving learners in small groups, each with learners of varying skill levels, a variety of learning activities to complete in order to comprehend a subject better. Each team member must absorb the material being taught and assist other team members in doing the same, fostering a sense of success. Learners work through the assignment until everyone has finished it and understands it

completely. When people work together, they aim for mutual benefit so that everyone in the group benefits from each other's efforts, recognizes that everyone has a shared destiny, understand that success is a result of both the individual and the team, and feels proud and happy when someone in the group is recognized for their accomplishments (Chen, 2019). Teachers and learners in physical education will benefit from cooperative learning in this area as they learn effective teaching techniques based on research. It enables teachers to comprehend cooperative learning's educational advantages more immediately and considerably boosts student accountability by employing school- and real-world-based examples. They are aware that for the team to succeed, they must participate in some aspect of the activity. Because they are aware that not contributing their fair share might have negative effects on the group, learners are more responsible.

#### *References:*

Chen, G. (2019, March 27). Cooperative Learning. Public School Review. Retrieved on March

10, 2023, from <https://www.publicschoolreview.com/blog/cooperative-learning>

Walker Center for Teaching and Learning (2020). Cooperative Learning. Retrieved on March

10, 2023, from <https://www.utc.edu/walker-center-teaching-learning/teaching-resources/cooperative-learning.php#back>