

AN INCLUSIVE AND HOLISTIC APPROACH: TEACHING PHYSICAL EDUCATION IN SENIOR HIGH SCHOOL

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Physical Education Instruction in Senior High Schools in the Philippines has changed dramatically in recent years. With an increasing emphasis on health and wellbeing as well as the use of technology in education, new trends in physical education instruction have arisen.

The use of technology in teaching is one of the most prominent developments in Physical Education. Physical education instructors have discovered new methods to engage their pupils and make learning more interactive with the emergence of digital gadgets and internet platforms. Teachers may, for example, utilize fitness apps to measure students' progress or virtual reality simulations to provide immersive learning experiences.

The emphasis on customized training is another trend in Physical Education. Teachers are personalizing their classes to match the particular needs and talents of each student rather than pursuing a one-size-fits-all approach. This might include measuring kids' fitness levels and creating individualized training routines, as well as providing adapted activities for children with impairments or injuries.

There has also been a movement toward more holistic approaches to physical education. Teachers are including mental and emotional wellbeing in their classes rather than just physical fitness. Mindfulness exercises, stress-reduction strategies, or activities that promote good self-image and body confidence may be included.

Finally, an increasing focus has been placed on making physical education more inclusive and accessible to all students. This may include providing adapted equipment or

adapting activities to suit students with impairments, as well as providing a choice of activities that appeal to students of various interests and abilities.

Overall, these developments in physical education reflect a larger transition toward more student-centered, tailored educational methods that stress holistic wellbeing and inclusion.

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