

HOW INNOVATION IS CHANGING PHYSICAL EDUCATION WITHIN THE PHILIPPINES

by:

Ruth Ann M. Verdera

Teacher II, Mariveles National High School- Cabcaben

The advent of innovation has revolutionized various divisions globally, and the domain of Physical Education (PE) within the Philippines is no exemption. The integration of digital tools and innovative devices to Physical Education is altering the relationship between teachers and students – a relationship that is turning out to be more interactive and effective. This trend is not as it were revolutionizing the traditional PE syllabus but also seeks to meet the challenges facing teachers and students alike within the country.

One of the greatest changes is the utilize of wearable wellness trackers and health apps. It permits students to monitor their physical activity, heart rate, and wellness levels in genuine time. Educators can use the data from these devices to create fitness programs that most suit their students' needs for individualization and effectiveness in Physical Education. A model based on collected information as a first step that will assist in identifying zones where students have higher likelihood of requiring additional support or motivation to enhance a holistic and empowering PE atmosphere.

Also making waves in the field of PE classrooms in the Philippines are virtual and augmented reality. These technologies create situations that resemble various sporting events; hence, they make studying more engaging and dynamic. Such technologies help in creating experiences that simulate many sport situations, hence learning is made more fun and active. For example, learners can virtually practice basketball or soccer to build their skills before stepping into the court or field. This does not only enhance the

acquisition of skills but also helps in the development of confidence among students, who, by and large, fear conventional physical education settings.

More avenues are being opened by online platforms and mobile applications for Physical Education. Adopting digital PE classes has been accelerated by remote learning demands brought on by the COVID-19 pandemic. In modern day education, apps that offer workout routines, yoga sessions and even dance classes are highly treasured. These are some of the ways to keep students actively in Physical Education while at home so that they can stay healthy and fit even with school closures.

Lastly, there is also the social media sphere. Other platforms that have wellness challenges, instructional videos, and motivational posts include YouTube and TikTok which can be used as motivation to students when it comes to being active physically. In fact, in the Philippines more and more teachers are using these media to reach young adults. Therefore, incorporating social media into learning methods provides an immediate and engaging sense of exercise.

In conclusion, physical education is moving to a future where technology is used to promote fitness to make work easier and fun for students in the Philippines. Teachers embracing this are able to create a much more inclusive, engaging, and effective physical education curriculum for the diverse needs of their students. This will be very important in creating a healthier, more active generation equipped for an increasingly digital world.

References:

Koriene Gallagher (Spring 2020) Technology and Its Impact on Physical Education