INNOVATIVE TEACHING STRATEGIES FOR ENGAGING GRADE 7 STUDENTS IN PHYSICAL EDUCATION

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Engaging Grade 7 students in Physical Education (PE) demands imagination and innovation to make learning enjoyable, engaging, and relevant. Gamification is a successful method that transforms regular workouts into entertaining challenges, relay races, or obstacle courses. Point systems, awards, and friendly contests encourage students to engage and improve their athletic talents.

Similarly, Solas-Martínez et al. (2024) found out that the use of gamification and virtual reality in physical education creates an innovative learning atmosphere that encourages students to take an active role in physical activities, improve their coordination, adopt healthy habits, and comprehend theoretical concepts. In the Philippines, the study of Marcaida et al. (2022) suggested the establishment of the potential improving of teacher potential through the use of gamification in enhancing student classroom engagement in a virtual ecology towards a better understanding of the lessons in physical education settings.

Another approach is to include technology, such as fitness apps, virtual exercises, or interactive movies, into PE classes to increase engagement. However, Jastrow et al. (2022) discussed that digital media has had a tremendous impact on physical education studies, improving health, augmented reality, and motor abilities while also providing issues in teacher training and data protection. In this case, wearable activity trackers may also be introduced by PE teachers to assess student development, allowing students to establish personal objectives and measure their endurance, strength, and flexibility gains. This

method appeals to technologically aware students and provides a sense of personal accomplishment to their activities.

Cross-curricular integration is another effective technique to enhance PE classes by linking physical activity to disciplines such as science , math, and health (Marttinen et al., 2024). For example, students may learn about human anatomy through determining their pulse before and after exercise, or they might use mathematical ideas by estimating their running pace. This strategy enhances the instructional value of physical education while keeping students engaged.

STEM integration is achievable if PE teachers are given time and chances to collaborate with topic specialists to acquire STEM ideas, with STEM serving as a byproduct of PE teaching rather than the primary emphasis of the class. In addition, Silberman (2011) believed that we already teach a topic that most students like by means of movement, which is one of the most effective methods to learn new concepts. As a result, by including other disciplines into our everyday classes, physical educators offer the best opportunity to help the growth of the aforementioned students.

Following that, new teaching strategies that include gamification, technological integration, and cross-curricular approaches are critical for engaging Grade 7 students in physical education. Research shows that these strategies are excellent in increasing student participation, strengthening coordination, and promoting a better comprehension of complex topics. While digital innovations have many advantages, they also present obstacles that need cautious deployment and teacher training. PE teachers may create dynamic and engaging experiences that enhance students' lifetime health and general well-being by combining exercise with academic learning and properly utilizing technology.

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