

## BEHIND THE WHISTLE: CHALLENGES AND REWARDS OF TEACHING P.E.

*by:*

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Teachers of physical education (P.E.) are essential in influencing the social, emotional, and physical health of their pupils. The occupation is often underappreciated, as it involves much more than just calling games or blowing whistles. P.E. Teachers are mentors, motivators, health advocates, and movement educators. They assist children in forming enduring habits in discipline, collaboration, and fitness—skills that are just as crucial as those taught in the classroom. In a time when screen time is increasing and physical exercise is diminishing among kids, the job of the P.E. Teachers are now more important than ever.

On the other hand, even though P.E. has special difficulties. The undervaluation of physical education in school curricula is one of the main issues. P.E. Due to a greater focus on core academic courses, teachers frequently deal with smaller funds, fewer resources, and shorter instructional times (Hardman & Green, 2015). Furthermore, there are still beliefs that P.E. is a "break period" or a "easy subject" as opposed to a well-organized and pedagogically rich class. Compared to academic subject teachers, this image may result in a lack of professional recognition and institutional support.

Another challenge is classroom management. In contrast to the regimented setting of a conventional classroom, physical education. Classes are conducted in open areas, such as fields or gymnasiums, where it may be more challenging to regulate student conduct. In addition to addressing problems like bullying, body image sensitivity, or a lack of motivation, teachers must interact with children who have different interests, skills, and fitness levels (Webster et al., 2021). Additionally, P.E. Despite the inherent

difficulties in measuring behavioral and physical development, teachers are obliged to achieve national physical literacy criteria and assess learning outcomes.

But the benefits of teaching physical education frequently surpass the challenges. A lot of P.E. Seeing their pupils grow in resilience, confidence, and leadership via exercise brings teachers great satisfaction. Celebrating accomplishments gives students daily drive and direction, such as learning a new skill, reaching a fitness objective, or becoming more socially adept. Additionally, physical educators shape students' perspectives on health and wellbeing throughout their lives, which can have a lasting impact outside of the classroom (Centeio et al., 2020).

The variety of experiences the position provides is another fulfilling feature. P.E. Teachers frequently lead school wellness initiatives, coach sports teams, work with parents and the community, and coordinate with other departments. This diversity enables them to establish solid bonds with many school departments and have a noticeable, beneficial influence. Instructing physical education is about creating more resilient, happy, and healthy people, not just about tracking laps or running exercises.

In conclusion, a P.E. A teacher is a dynamic combination of successes and setbacks. Even though they could operate "behind the whistle" or behind the scenes, their impact is felt in the way pupils develop, interact, and move. With more encouragement and a greater understanding of their function, P.E. Teachers can keep encouraging a culture of mobility, health, and lifelong learning.

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