



TEACHING PHYSICAL EDUCATION IN THE NEW NORMAL

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Many nations across the world including Philippines have put different limitations on social life and education in response to the COVID-19 epidemic in order to slow the spread of COVID-19. Different Parameters set by Inter Agency Task Force (IATF) Department of Health (DOH) and World Health Organization (WHO) includes different degrees of social isolation and limits on social events, travel, sports, leisure activities, employment, and school attendance. Schools were closed as a result of this, using distance-learning methods, attempts were made to maintain learning continuity. Mostly of the Schools in the Philippines were used as Facility for Isolation.

Physical Education is an important element of a student's overall education, and it aims to help them achieve their fitness goals by engaging in a variety of activities. PE is an important component of the curriculum because it allows us to attain, improve, and maintain our ideal fitness levels by participating in a variety of games, sports, and activities.

Since the global outbreak of Covid-19, the educational system has altered, and the pandemic has had a significant influence on our lives. There is no face-to-face interaction; instead, virtual cooperation is used. Senator Cayetano feels that one of the classes accessible under the Department of Education's (DepEd) proposed blended learning modalities for the "new normal" curriculum should include Physical Education (PE). Cayetano pointed out that instructors may utilize a variety of media channels to teach PE, including television and the Internet. She said that students do not need to leave their houses to exercise.

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Before the Opening of the Class for School Year 2020-2021, Senator Pia Cayetano suggested on the Senate committee on basic education, arts and culture discussed the impact of the COVID-19 pandemic on the country's education system. Sen. Cayetano also stated that DepEd officials must devise new techniques to ensure that PE courses are taught to pupils and that they are customized to different grade levels. DepEd, for its part, informed senators that it is currently working with private sector partners to create downloadable films that teach kids how to master specific sports and other physical abilities. Senators have suggested to the Executive Department, after the President's weekly briefings to Congress, that instructional programmed for children be broadcast on government-run channels such as PTV 4 and IBC 13.

The use of Different Platforms provided by Department of Education is now being used as one of the primary sources of Instructional Materials for Teachers and Learning Materials for the students, as per OUA MEMO 00-0321-0186. This are the Official Platforms For Blended Learning , First is the DepEd Commons offers access to e-SLMs (Self Learning Modules) in PDF format and DepEd TV episodes.This can be accessed at <https://commons.deped.gov.ph> . Next is DepEd TV, delivers video lectures on IBC-13 from 7 a.m. to 7 p.m., Monday to Saturday. Signal Channel 149, SatLite Channel 189, GMA Affordabox Channel 7, and BEAM TV Channel 31 or 72 are other ways to watch DepEd TV (Sky Cable). The third is the DepEd Learning Management System (LMS) software application, which is used to assist the teaching and learning of courses and training programs through administration, documenting, tracking, reporting, and automation of activities. This can be accessed at <http://lms.deped.gov.ph/> .

Fourth, is the DepEd EdTech Courses (ETULAY) free online tutorial sessions for learners provided by teacher volunteers to guide them in answering self- learning modules (SLMs). These are extra lessons to help students remember ideas and lessons. It is followed by the DepEd TV YouTube Channel, which provides easy access to DepEd TV programs for viewing and

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downloading (all grade levels). This can be accessed at <https://youtube.com/c/DepEdTV> . Next is DepEd Philippines Facebook Page- streams DepEd TV episodes live from 7 a.m. to 7 p.m., Monday to Saturday. This can be accessed at <https://facebook.com/DepartmentOfEducation.PH/> . The DepEd Tayo Facebook Page - streams DepEd TV Episodes live from 7a.m. to 7 p.m., Monday to Saturday. This can be accessed at <https://face book.com/depedtayo/> .

Learners and parents/guardians who choose Modular Learning (printed SLMs) can still watch and access other accessible platforms to supplement and reinforce their learning. To begin, DepEd TV is available to individuals who have televisions, cable TV subscriptions, digital black boxes, or satellite television. Second, they may use DepEd Commons on their phones even if they don't have any credits (load) or an internet connection. Finally, if they have mobile phones, they may watch DepEd TV programs on the mentioned Facebook sites. End users can do so without incurring any data charges.

Today's PE Teacher must embrace and grasp technology in order to develop new levels of connection and engagement in order to create a rich learning environment. It takes a lot of practice to master meeting apps like Facebook Messenger Classroom, Zoom, Google Meet and Google Classroom, this is harder to our seasoned Teachers who are practicing traditional way of teaching in many years but because of the Different trainings and webinars provided by Department of Education It helps the teachers to prepare an effective lesson for the students. This Platform will help not only PE teachers but all Teachers as a whole, in the case of PE teachers Assessment of the learners is very hard, for example on teaching Dance, the lesson requires space so that students will be able to move accordingly base on the Steps or Figures given by the teacher as a result of this some students were not actively participating because of the limited space.

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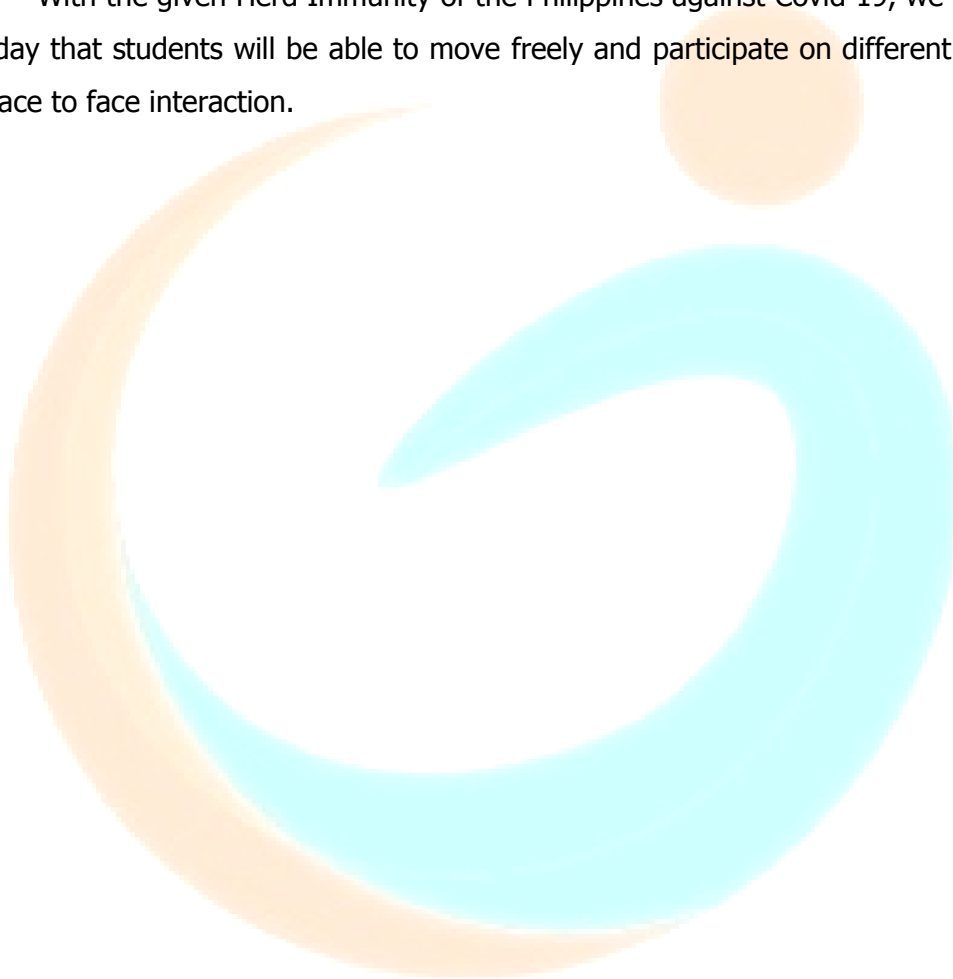
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As Educator, we are filled with expertise, methods, approaches and we are flexible enough to adopt the new normal, in order to sustain and maximize the capabilities of the teachers the Department of Education must assess the Previous year to evaluate and give emphasis on the Learning gaps.

With the given Herd Immunity of the Philippines against Covid 19, we are still hoping for the day that students will be able to move freely and participate on different Physical Activities on Face to face interaction.



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