**Rizal Technological University**

Institute of Physical Education

**MOTIONLIT WEBSITE: MOTOR LEARNING IN PHYSICAL EDUCATION THROUGH DANCE AND SPORTS**

Project Based Learning (PBL) Output

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Abstract

Summarize the entire study

(Although the abstract appears at the beginning of the article, it should be written after you have completed the whole report. The abstract summarizes the whole document in a few lines, including a sentence or two explaining the report's aim and significance, a sentence or two about your techniques, a few phrases presenting the report's principal results, and a sentence or two discussing the report's implications.) **.)\*\*\*Please delete this guide when you are creating your paper.**

Minimum of 1 page

Introduction

Movement is the center of any steps we’re making. People’s movement reflects the motor learning implied. In this time of disease and uncertainty, movement acquisition shouldn’t stop because it is the foundation of making broader actions. Little do students know that in simple actions they do, they acquire motor learning before it became a motor skill. In this time of the Covid 19 Pandemic, limitations on social life and education were slow because of the spread of the virus. That leads to an increase in social isolation and limitations on travel, social gatherings, on-site work, leisure activities, and sports. School attempts to continue learning through distance learning tools such as blended learning modality (Filiz and Konukman, 2020). According to Gazali and Mujiono (2021), in today’s setup, educators and students face challenges in learning modalities in online learning of physical education. Amidst pandemic, online learning on physical education became a struggle to most students and they see it as ineffective.

A growing number of researches mostly is in associational studies revealing that the connection of movement expertise together with mental components of development is highly observed in the early stage of children. Those children who attain movement competently will have a better intellectual capacity (Capio et al, 2021). Most of the resources such as literature, research, and studies about motor learning in physical education focusing on dance and sports are made and take place internationally. The Philippines has a lack of resources and studies related and could contribute to the area of study. Face to face classes before the pandemic, physical educators effectively discusses the motor learning in physical education on dance and sports but nowadays, learning in physical education takes place in distance learning tool like blended learning modality and it is a huge challenge to physical educators to promote learning since it is more on movement application activity. Apriyanto (2021) stated that most of the students during online activities do not attain major impacts physically and psychologically. Students much prefer a mix of learning of online and offline. Students are a high level of interest in using online platforms given by teachers as well as approaches under online learning methods. This study is intended to bridge the gap between internationally available resources and the lack of local resources in the Philippines as well as provide more learning opportunities and understanding to students in motor learning in physical education through dance and sports from face-to-face classes to blended learning modality.

This study aims to provide detailed information and sample demonstration about motor learning in dance and sports to deeply understand physical education in a blended learning modality by which students could read and watch directly on the website or could print out the lectures and activities at their home. Also, this website is open for contributors to impart their knowledge and expertise to provide more efficient knowledge to be learned by readers.

Methods

MotionLit Website is a classroom-inspired website that will be utilized to effectively teach the student about physical education in motor learning through dance and sports by using a blended learning modality. It has a tagline “LEARN AS YOU MOVE” by which it emphasizes learning as they executed given movements. It also highlighted that in every basic dance steps and sport skill, motor learning is present.

**What did you do?**

**(The methodology section provides readers with information about the study's approach. It includes information on the completed project, the design, the concept, and the equipment utilized to create your final project. This is where your ultimate project's concept comes into play. The "gold standard" for the techniques section is that it should enable readers to repeat your work.) \*\*\* please delete this guide when you are creating your paper.**

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**Review of Related Literature**

* 1. **Motor Learning in Physical Education**

Spittle (2021) mentioned that Motor learning and skill acquisition refers to the exploration of how we acquire, develop and progress skills in moving. Physical Education and sport aim to assist in skills acquisition. Motor learning deals with the study of the development of skilled movements along with repetitions or other learning-associated components. He also stated that Motor learning experts at colleges and universities play an important role in undergraduate and postgraduate individuals. Subjects under motor skills learning such as motor control, movement skills, motor development, motor learning and skill acquisition, coaching, and physical education. Aside from teaching academically, physical educators proceed to postgraduates’ fields, like masters and doctoral studies concentrating on the acquisition of motor skills in physical education and practice these learnings in teaching elementary and secondary schools- they are also classified as skill acquisition specialists.

According to Donelly et al (2016), the goal of physical education is to motivate and enhance learning to move as well as to have learned through movement. Physical Education barely learning area existing in the curriculum that emphasizes enhancing students’ movement skills and concepts. In physical education, enhancement of motor skills is vital by which if there will be a failure in enhancing and smoothening of movement skills, it will be hard for children to prosper and appreciate physical activities and active lifestyles.

Blasing et al (2012) concluded that Simple skills are completely acquired by the neuromuscular system that chooses the most effective method to attain the goal in movements. That leads to increase usage of abilities as well as decreased use of energy.

As mentioned by Capio et al (2021), after a lot of research, mostly in associational studies, it reveals that the connection of movement expertise together with mental and social components of development is highly observed in the early stage of children. Those children who attain movement competently will have better intellectual capacity and social behaviors.

D’isanto et al (2016) elaborated that motor learning refers to emerging most articulated motor programs that will result in a prescription of teaching motor activity through managing student exercises that alleviates motor program and reduces inconstancy of execution of movement.

* 1. **Motor Learning in Dance**

According to Krasnow and Wilmerding (2015), Motor learning in dance signifies dancers that learn both easy and difficult skills. These skills are not acquired from the motor development that happened for all children like grasping, skipping, walking. The aim of dance instructors is to teach skills for them to execute movements with exactness, synchronization, articulateness, and smoothness, with memorization. Dancers’ goal is to attain a level of competency that develops the quality of movement.

Krasnow (2013) emphasizes that motor learning is the extent of education that criticizes how dancers acquire new movement but not only for one class or practice session. The term motor learning is used to describe changes acquired through practice and are lasting or recalled at some point.

Karin (2016) discussed that, in ballet, the method of conveying complex techniques to young dancers can appear in an innate manner that grows effective, expressive, and synchronous movements.

Coker (2017) claimed that practice is a crucial aspect of learning or re-learning a motor skill. To maximize one’s time, rehearsals should provide differences in regular and irregular conditions in any setting. It is desirable to practice variability to be determined and instructors should choose how the practice session be managed.

According to Gose (2018), dancers as part of their everyday training, equally acquired motor learning as well. In dance, motor learning happens in areas like learning styles, practice schedules, feedback, directions, memory, and attention.

* 1. **Motor Learning in Sports**

Spittle (2021) stated that the acquisition of basic skills in sports allows players to take part in activities. Having a higher level of sports involvement, and proficient execution of movements are critical variable that affects competent performance. He also discussed that there are categories of skills based on the accuracy of movement (gross to fine), arrangement of skill (discrete, serial, and continuous,) and constancy of the environment (open to closed).

As mentioned by Masters et al (2014), the adequately complex motor task requires a connection of many degrees of freedom. As skills oblige to have a competent performance like most sports activities, learners should have a proactive role in the learning process that can be managed or supervised consciously.

As discussed by Agosti and Madonna (2020), a deep understanding of theoretical assumptions of motor learning is essential to address new scientific attainments. In teaching movements, to a child or an athlete, it is important to comprehend well the motor function as an arising factors of complex system where movement occur through motor experience, later became an action and proceed to be a motor performance.

As mentioned by Di tore and Raiola (2017), the most used old teaching practices base it on theories in cognitive approach and prescriptive teaching vision. The cognitive approach refers to one’s psychological model of motor learning such as open-loop and closed-loop motor control models as well as generalized motor program theory. Some scholars focus on sport’s teaching method from a different point of view namely the ecological approach. In this part, coaches focus on school environment settings and interpretation of learning as a study for physical and motor resolutions existing in the environment. This approach is based psychologically on the theory of Bernstein’s degree of freedom and motor imagery. As Psychology defines the mechanism of perception-action, the arrangement stimulus identification to response selection to response programming replicates IPO (input, process, and output). While information processing relies on the wild guess that knowledge takes place externally. It doesn’t reflect in a person’s experiences and the molding process of perception, interaction, and life’s experiences. With this viewpoint, in teaching sports, ecological sports show more updated evidence and expansion of scientific research. However, the cognitive approach shows relativity in teaching approaches under teaching methods.

Kal et al (2018) stated that implied motor learning is known to be specifically efficient for acquiring sports-related motor skills. There will be an automatic movement that helps multitasking and high-pressure environment movements.

* 1. **Physical Education in Blended Learning Modality**

Burgueño et al (2021) claimed that physical educators examined that blended learning implied over workload, exacerbated social relationships, worsen students’ motivation. Similarly, physical educators view physical activities performed in blended learning by students as lower than normal. Moreover, teachers stated that students with low economic status because they lack gadgets and resources.

As expressed by Derri et al (2012), the blended learning modality is a fusion of offline and online learning that comprises the suitability of online courses even without face-to-face benefits. As alternative teaching methods, blended instructions should be used by teachers to help students improve their school performance.

According to Chen and Li (2016), as network information technology continue to develop, the emphasis on teaching sports in Physical Education College and universities with computer association, blended learning will manifest. Blending learning comprises a new teaching model, old physical education teaching, blended learning applications, developing the efficacy of teaching computer lessons of physical education, Sports College, and network computer teaching. From there, students will be able to completely accomplish the task and will attain the target objectives and requirements of practice teaching.

Buschner and Daum (2014) explained that blended and online learning physical education is only applicable for high school students when they already executed motor and social skills to be a competent online students. The main goal of physical education is to enhance motor skills and the problem related to evaluating motor skills through online, blended and online learning physical education is not suitable for elementary students.

As mentioned by Ali et al (2022), one of the subjects that have significant problems is Physical education subject. Those problems are produced by other matters. First, it is because of the content characteristics called movement activity. Prioritizing physical movement activities to attain learning objectives thru the help of the scientific approach steps and principles that are considered as factually cognitive activities is really hard to show as subject content characteristics. Second, when the Physical educators failed to interpret, define, and disseminate the scientific approaches principles into the educational plan, it is because the scientific approach components in Physical education subject are divided from the entire learning material and it takes at least 10 to 15 minutes once it is applied into learning practice. With that, we can assume that the application was not accurate to the goal. Third, the time allotted for physical education subjects is not enough. Fourth, the facilities and infrastructure in many schools in Indonesia for Physical Education practice are very limited. Creating the subject application controlled by many factors that are not connected to the subject content. Physical educators believed that one of the benefits of using digital technology and information technology management is to apply a scientific approach to organize course material content without limiting the learning period allotted for Physical Education subjects. The course content can be organized online or offline outside the course period thru digital devices. With the help of digital devices, educators can provide assignments, between in physical activity homework and movement analysis or knowledge-based activity homework.

**Results**

What did you find?

(This section summarizes your findings. Typically, the Results section presents merely the findings and makes no attempt to explain or comment on them. Generally, results sections are written in the past tense. This is where you will see the reliability of your work, would it be effective? What could be the hindrances? What are the restrictions you will encounter?) **\*\*\*Please delete this guide when your are creating your paper.**

You can create a minimum of 2-3 pages for this section

Discussion

What does this mean?

(This part summarizes your primary results, provides commentary on them, and connects them to other studies. Additionally, you highlight the limits of your study and utilize them to justify the need for additional, future research.) **\*\*\*Please delete this guide when your are creating your paper.**

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General Information

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