

# SEP\_AIN3225\_NEW

*by* Student Help

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**Submission date:** 23-May-2023 09:54AM (UTC-0700)

**Submission ID:** 2100195211

**File name:** SEP\_AIN3225\_NEW.docx (28K)

**Word count:** 3599

**Character count:** 21722

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## **PHYSICAL EDUCATION AS A PRIOR TOOL FOR STUDENT ENGAGEMENT IN SCHOOLS**



## 1. Introduction

Physical education is important for students' cognitive development concerning physical fitness. Physical education develops knowledge, motor skills, and cognitive content for student's physical fitness and activities. Hence, physical education plays a crucial part in order to increase students' engagement in schools. This assessment is based on the importance of physical education in order to increase student engagement in schools. The impacts of using digital and traditional methods for physical education has been analysed in this assessment. Along with this, the importance of active breaks for physical education has been discussed in this assessment. Moreover, the importance of adopting communication and information technology for physical education has been evaluated through this assessment. Lastly, a few theoretical frameworks have been discussed in this assessment regarding physical education approach among students.

## 2. Synthesizing literature and critically engaging with issues

### Student engagement with the help of online learning

Students tend to gain numerous benefits by means of online learning. Online learning has become a major trend after the outbreak of Covid 19 pandemic. As per the views of Jeong et al. (2020), students can be attracted by means of online learning. Students can gain high-touch experience from online learning and can typically gain a better learning perspective. The engagement of K-12 students can be increased by means of online learning. Additionally, online learning encourages the K-12 students undergoing studies. K-12 students typically have a relatively lesser amount of attention span. Teachers can also focus on the expression of students to find out whether the student is interested in learning. On the other hand, K-12 students and teachers may not have a clear monitoring regarding the activities of students. Influenced by the ideas of Chiu et al. (2021), online learning typically requires webcams for teaching. Therefore, use of webcams in online teaching enables the teachers to monitor the students and gain accountability in terms of learning.

Educators can also deliver extra support to the students by means of online streaming services like Zoom, Microsoft teams. As per the views of Mavilidi et al. (2020), online learning can prove to be a time effective and cost effective option for the educational institutions, however, internet connectivity plays a key role in terms of teaching which implies that poor connectivity can result in poor video quality. This implies that poor connectivity can have a negative impact on the teaching. Therefore, students might start losing interest from online teaching. Additionally, the nature of online is constantly evolving in order to deliver a better

experience to its end customers. Based on the views of Jeong et al. (2020), online learning can support students while adding “flexibility” and “conveyance”. This implies that teachers can effectively collaborate with students and might also deliver teaching to the students with a better approach. ,

#### **Physical education in the promotion of physical activity and fitness**

Physical education activity plays a key role in the delivery of awareness regarding “physical fitness” and “physical activity”. As per the views of Barba-Martín et al. (2020), “physical fitness” comes with numerous benefits like weight management, stress relief and many others. Physical fitness also adds towards the longevity of health and also helps manage the “chronic health conditions and disabilities”. However, few of the students might be disinterested in acquiring knowledge regarding “physical activity and fitness”. Hence, educators need to gamify “physical education” in order to make the subject much more interesting for these students. This implies that “gamification” of “physical education” can help to increase the engagement of those students who are disinterested to acquire knowledge regarding “physical education”. Influenced by the ideas of Ferriz-Valero et al. (2020), gamification is all about executing the application of games in a “non-recreational environment”. This implies that “gamification” of “physical education” helps in the inclusion of higher levels of engagement along with improved retention.

Promotion of physical activity lies in the importance that it contributes towards the development of mental health, weight management besides reducing the risk of health complications. As per the views of Yuksel et al. (2020), physical fitness contributes towards the development of cognitive ability. This implies that physical fitness helps in the betterment of “health and mental well- being” of an individual. Application of teaching games for understanding physical education enables the students to access the information from anywhere across the world. Additionally, application teaching games can help in the development of skills of “physical fitness” without the need of any mentor. Moreover, the application of teaching games can contribute towards higher levels of engagement during the learning process. Teaching games related to physical activity can help to improve the overall experience of an individual while learning physical fitness.

#### **Impacts of using digital and traditional methods for Physical Education**

A lack of research has been noticed on the usage of digital technology for physical education and in the relationship between learning and engagement of the service teacher related in the physical education sector. As opined by Calderón et al. (2020) there is a high expectation for using digital technology to optimise the learning process in educational institutions for the

learners. Digital technology for physical education sessions is generating considerable interest in research and practices. The educators are using physical education knowledge-oriented video clips, instructive video clips and other skill-related video clips for introducing a better learning process in this physical education sector. Creating some podcasts and infographics can also be beneficial for learners. Digital technology approaches a more productive or positive learning climate in a student-centred active group. During the Pandemic of the Covid-19 digital technology for the educational sector has been used on an urgent basis as the human to human contact was restricted then. As stated by Yu et al. (2020) taking physical education classes through online channels are not easy to teach or learn. Especially the practical classes in this education section which include moving the body for reducing stress and improving health conditions were difficult to practise digitally. An effective instructional design is required to facilitate the development of this physical educational sector to engage the learners.

The incorrect way of digital teaching can discourage the learners which will harm the learning process of physical education. On the other hand, influenced by the ideas of Barbosa et al. (2020) physical education has beneficial effects on both mental and health issues which is important for teachers to teach in a traditional way. Educational institutions are the ideal setting to promote health issues and resolution by providing physical activities. The school environment is ideal for the learners to promote a sedentary lifestyle by teaching the correct physical activities. Sustainable development goals can also be achieved by the contribution of these physical educational activities. More qualitative education for physical activities is required for health and well-being.

#### **The adoption of Information and Communication Technology in physical education and active breaks for physical education**

Information and Communication Technology is a pedagogical tool used to enhance the teaching and learning process in physical education. As per the views of Koh et al (2022), the explanation of Physical education teachers' apprehension of using this information and communication technology in their lessons is low because of their less proficiency and inadequate training sessions. Physical education teachers are exploring various ways to enhance and integrate their lessons for implementing a better learning process for the learners. Physical activity instruction can be enhanced by the use of various gadgets and mobile applications which can encourage the students' movement and their skills of critical thinking. Promoting a healthy lifestyle by practising some physical activities will enhance students' acquisition of knowledge and concepts which are the motivation for learning.

Physical education teachers also face some challenges while using these Information and Communication Technology tools such as insufficient preparation, less interest from the learners and logistic demands.

Classroom-based physical activity is <sup>2</sup>one of the most used strategies in recent years to reduce learners' sedentary lifestyle <sup>2</sup>which can be done in both inside and outside of a classroom. As stated by Jiménez et al. (2022) there is three different ways to incorporate physical activities into the classroom. The three incorporate physical activities are active breaks which are demonstrated to happen during a class session without a specific space within a short period of time. <sup>3</sup>Curriculum-focused active breaks which are also short periods of physical activity including curriculum content and the other is physically active lessons which are integrated into education. These three methods can enhance the physical activities in the classroom by effectively engaging the learners. The incorporative active breaks in the classroom are beneficial for increasing the levels of physical activity in the learners, during the school period and after school. In the educational field, the importance of observation is becoming a greater activity for the physical education teachers. Physical and other sports activities can enable their positive effects to increase the entire school population.

### **Self-determination Theory for physical education**

Physical activity helps to enhance a learner's self-concept, self-esteem and also the academic performance. This also helps in reducing anxiety and depression among the youth. Physical education also helps learners to improve their other fundamental skills and health-related fitness. The development of physical competencies needs the opportunities to promote and facilitate lifelong physical activity participation. Positive experiences in physical education contribute to a positive attitude during adulthood. Influenced by the ideas of White et al. (2021) Self-determination theory demonstrates the different types of self-motivation that can effectively work to gain interest in initiating a new practice. Especially in the physical education sector self-determination is associated positively with physical activity intentions and enjoyment. This practice of self-motivation can help to increase physical activity levels. Within the educational institutes, the self-motivation process is positively associated with the academic achievement, self-confidence, and self-esteem and school engagement. Self-determination enables the learners' engagement and helps in gaining their interest in physical activities. Within the physical education sector, physical education teachers work as social agents who can facilitate the self-determination of learners by creating a supportive environment for the learners.



### Using Physical Education for Autonomy Development of primary school and Influence of Hybrid Pedagogical Model

Currently, <sup>5</sup> many countries are giving their efforts to solving the problems of mental, physical and spiritual-moral improvement of school learners. A negative trend in the physical fitness of school students has been found because of the unwillingness of the learners to get engaged in physical activities and sports activities majorly. Physical activities are highly needed for the formation of interest to strengthen their health condition and introduce a healthy lifestyle to the students. As per the views of Ospankulov et al. (2022), Autonomy is considered as the most valuable quality of personality. Autonomy can stimulate the mental process of any individual, creativity and helps to increase satisfaction in different perspective activities in life. The skill formation of any independent educational institute for physical education in younger learners is dependent on the influence of the development of general exercise. Timely control and monitoring are needed by the teachers to check the result of the school learners' independent work for the physical activities in the classroom.

Individual assistance and necessary adjustments are also needed in the development of physical exercise. Systematic implementations for general physical education development and individual consultation with parents are needed regarding the health value of the learners. Involving the family members of the learners and general consultation with them will also be beneficial in the physical education system. It is required to provide expert training from educational organisations during the year regarding physical activities so that the learners can gain more experience in their different and independent actions. Contradictorily, the other systematic literature review of learning outcomes in physical education is the influence of the Hybrid Pedagogical Model. As per the views of Shen et al. (2022), this hybrid model helps in overcoming the limitation of another single pedagogical model. It also helps to improve the learning outcomes of the students in physical education. In physical education, the primarily provided basic hybrid type includes sports content, study-oriented contexts and other activities which are beneficial for the physical education sector.

This hybridization model acknowledges that it is beneficial for the students to develop their game-related skills and other variable physiological activities. During the Covid-19 pandemic, the learners adopted the online remote method of the learning process for physical education (Aboagye et al. 2022). This learning process has put <sup>4</sup> some negative effects such as a lack of practice in physical education. This online learning method has also decreased the interest rates of the pupils in sports-related activities. After this pandemic era now it is highly needed for <sup>8</sup> physical education teachers to address the exact issues of the students regarding



physical activities and need to consider an effective pedagogical hybrid model to resolve the existing issues in the students. The main purpose for analysing the impacts of hybrid model applications on the student learning process is to influence the participation of the learners and to engage them in gaining experience in physical education. Building social and emotional capacity and skills within the learners might help the physical education teachers to deal with and manage the different situations in the physical education system.

### 3. Discussion

A lot of research has evaluated that digital technology increases the engagement and learning's of the service teacher in the physical education sector. For instance, as per the views of Calderón et al. (2020), digital technology acquired the high expectation for learners' learning process in the educational institutes. This article has also generated that the adaptation of digital technology has also increased the interest for physical education practice and research for learners and researchers. The physical education teachers are using instructive and skill related video clips in order to train learners and introduce a better learning process. However, the Covid-19 pandemic has severely integrated the use of digital technology in the physical education sector for training learners on an urgent basis.

In this context, Yu et al. (2020) have stated that training physical education activity on an online learning platform is not easy for both learners and trainers. Hence, an enhanced instructional design is important in order to train students' physical education over a digital platform. Besides this, Information and Communication Technology can be used as a pedagogical tool in order to enhance the learning process in physical education. As stated by Koh et al (2022), the physical education trainers practise the use of these technologies in order to reduce their less proficiency. Along with this, the physical education trainers are approaching various ways in order to integrate and enhance their lessons and integrate an interesting learning process.

In this context, various gadgets can be beneficial for trainers in order to increase students' critical thinking skills and encourage their physical movements. However, physical education trainers also face difficulties in order to adopt these technologies due to the lack of preparations. The classroom based physical activities are severely demanded regarding reducing learners' sedentary lifestyle. However, it can be done both inside and outside of the school or classroom. As stated by Jiménez et al. (2022), physical activity can be incorporated in the classroom with the use of three different strategies. For instance, taking active breaks, curriculum based active breaks and active lessons should be integrated in the physical education learning in order to increase students' learning engagement in schools. Hence,

physical activity can increase the learning engagement of students inside the school even beyond the school ground.

Physical education is mainly proposed in the schools' learning lessons in order to reduce the lethargic level and increase the metabolism rate of the students. As per the views of Yuksel et al. (2020), the students can feel lazy and less energetic concerning lack of motivation. Along with this, it can influence the obesity tendency among students. The non-movement tendency increases the chance of obesity among students. This article has reflected the importance of communication regarding increased motivation among students. Besides this, the unequal subject weightage distribution in the schools regarding the physical education has been highlighted in this above mentioned article.

Recently, multiple countries are approaching physical education initiatives concerning the physical and mental improvement of learners and spiritual and moral improvement. A negative trend has been found regarding physical education approaches as the students are less intended in order to engage in physical educational activity and movement. However, physical education is highly needed for students in order to increase their positive lifestyle habits and healthy physical conditions. As stated by the Ospankulov et al. (2022), Autonomy is referred to as the most influential personal characteristic.

Autonomy can increase the mental procedure of any individual and creativity that can easily enhance the satisfaction for any individual. Hence, the skill formation among young learners is dependent over the regular practice of activity in the physical education institutes. Therefore, it is important for physical education trainers to check the regular activities of students in the school's practice in order to increase their skilled movement. However, the individual's engagement in physical education is also important concerning the skill development of the person. Along with this, the participation of students' family members also increases their motivation concerning their skilled development. Besides this, the educational institutes should give more active lessons in the year ending concerning students personal knowledge up gradation. As per the views of Shen et al. (2022), Hybrid Pedagogical Model reduces the complications of other pedagogical models. Along with this, it also helps to enhance the learning outcomes of the students concerning physical education.

#### **4. Conclusion**

Thus, it can be concluded that physical education severely helps to increase the engagement of students through improving their motivation. For instance, the lack of motivation can turn the student into a lazy person. Along with this, the non-movement tendency of students can introduce obesity concerns for students. In this context, schools propose physical education as

a subject in order to tune students into a physically active movement concerning obesity. It is also found that, the technological adaptation <sup>9</sup> in the physical education sector has increased in the pandemic period. It is challenging to use these technologies for both the students and trainers. However, the hybrid Pedagogical Model reduces the <sup>11</sup> complications of other pedagogical models. Physical education can be easily incorporated in the inside and outside of the classroom. Lastly, it is important for both the students and school authority in order to increase effective physical education concerning the skilled development of students.

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