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## Exploration study on the effective teaching methods for physical education

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### Abstract

The purpose of the present study is to focus on the teaching methods as a panacea for effective approaches to physical education in the classroom. Teaching methods denote various strategies that the teacher uses to deliver his/her subject matter to the students in the classroom based on the instructional objectives to bring about learning. Teaching methods help to communicate ideas and skills to the students. There are several teaching methods for physical education. It is left for the teacher to use the ones most appropriate for the lesson. These methods if properly used will enhance teaching and learning and bring about desired changes in the students. While the teacher's task is to ensure that learning is effective, one major way to achieve this is the use of appropriate teaching methods. This paper examines the concept of teaching, the teacher, learning, and discussed various teaching methods that can be used in the classrooms. The paper further discussed approaches to implementation and its implication for teaching and proffered the way forward for effective use of teaching approaches for better results in the classroom teaching. In institutionalized education, the main goal has been developing children's cognitive capacity in the sense of learning knowledge in academic disciplines. This goal dictates a learning environment in which seated learning behavior is considered appropriate and effective and is rewarded. Physical education as part of education provides the only opportunity for all children to learn about physical movement and engage in physical activity.

**Keywords:** Classroom, physical education, teacher, teaching methods

### Introduction

The word 'Teaching' is used in three different contexts. First, it is used to refer to that which is taught as a doctrine or a body of knowledge. In the expression, "the teachings of Guru Nanak" or "the teachings of Tagore", reference is made to a body of knowledge or a system of beliefs. Secondly, teaching is used to refer to an occupation or a profession. Thirdly, teaching is used to refer to methodology of making something known to others. Teaching in this third sense has been discussed here.

Teaching is to cause the pupil to learn and acquire the desired knowledge, skills, and also desirable ways of living in society. It is a process in which learner, teacher, curriculum, and other variables are organized in a systematic and psychological way to attain some pre-determined goals. Teaching is an important part of the process of education. Its special function is to impart knowledge, develop understanding and skill. Teaching is communication between two or more persons who influence each other by ideas and learn something in the process of interaction teaching is a process in which learner.

### Meaning of teaching

Teaching is a social process. The meaning of teaching is 'to teach'. Teaching is a three-dimensional process in which the teacher and the student realize their nature through the curriculum. That is, by making a subject matter a medium, we call teaching only the exchange of ideas or mutual interaction between the teacher and the learner.

Dictionary defines teaching as "the profession or practice of being a teacher; the art of giving instruction." Teaching is the art of a teacher in which on the basis of knowledge and experiences puts the subject matter before the students in a meaningful and effective manner. According to Morse and Wingo (1968) viewed teaching as "understanding and guiding of children as individual and as groups.

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It means the providing of learning experiences that will enable each learner to grow continuously and sequentially toward his delted role in society.”

Gage (1963) in his book “Handbook of Research on Teaching” tried to give a concise account of information on teaching which at places is so fragmentary and diverse that no conclusion can be drawn for the nature of teaching. It is assumed that the teaching processes are merely images of the learning process.

### **Narrower meaning of teaching**

The narrow meaning of teaching is related to school education. In which changes are made by the teacher to a child at a certain place in a specific environment by certain teachers in his behavior according to the curriculum. In this, some knowledge or advice is given by the teacher to the student in the class.

In ancient times, education was teacher- centred, that is, the teacher used to teach the children according to his own accord, in this the interests and aptitudes of the child were not taken into account. But in the present time education has become child-centred. That is, at present, education is given according to the interests and aptitudes of the child.

### **Wider meaning of teaching**

All that is included in the broader sense of teaching. A person who learns throughout his life. That is, the broad meaning of teaching is that in which a person learns through formal, informal and non-formal means. In this, the learner keeps on developing all his powers progressively from birth to death.

### **Principles of Teaching**

- Principle of self-preparation: Teacher should prepare himself every time before entering the class
- Principle of notes preparation: Teacher should bring prepared notes in the class for emergency references
- Principle of quoting examples: Teacher should try to quote maximum number of examples form practical life
- Principle of sincerity and punctuality: Teacher should always report in the class at least a few seconds/minutes before the prescribed time. If another teacher is already in the class, then supposed to wait for a while
- Principle of movement: Teacher should always move around in the front so that the student’s attention may not be diverted
- Principle of using teaching aids: Teacher must use the blackboard for better understanding
- Principle of healthy teaching atmosphere: Teacher should take the matter positively if any questions are raised in the class by the students. That doubt question must be cleared in the class itself and if not, one should not feel shy to say that at a present answer is not known and the same shall be cleared in the next class after consulting the references instead of giving wrong justification
- Principle of we-feeling: Teacher should treat the students as their own wards and must know every student by name; it causes “we feeling”
- Principle of method selectivity: Teacher should choose that method of teaching which is most suitable for that particular class, subject, and group of students
- Principle of simple to complex: Teaching should always be progressive from simple to complex
- Principle of correction and evaluation: Timely evaluation of the subject contents

- Principle of teaching behavior: Finally, a teacher should be of good character and well behaved.

### **Factors of Effecting Teaching**

- Teacher’s personal readiness
- Teacher’s technical preparation • Subject matter to be discussed
- Available facilities for teaching
- Maturity level of the students
- Age and sex of the students
- Background of the students
- Place and time of the class
- Skill of the teacher
- Overall personality of the teacher, etc.

### **Necessity of Various Teaching Methods in Physical Education**

- In the classroom
- In the playfields/courts
- In the gymnasium
- In the track and field
- In the swimming pool
- In teaching combative sports
- In teaching recreational activities
- In teaching yogic exercises
- In teaching weight training exercises, etc.

### **Methods of Teaching**

- Lecture method
- Demonstration method-imitation method
- At-will method
- Observation method
- Visualization method
- Command method
- Etc.

### **Recommendation**

1. To provide a high quality education, the Government should be committed to ensuring that every student has the opportunity to learn from a qualified and inspiring teacher
2. To provide a high quality education, there is a need to develop a professional culture that respects teaching and learning, professional staff are supported in their effort to continually improve their effectiveness in promoting student learning, school sites are well maintained, school leaders build and maintain effective partnerships with parents, community groups, and local business, and instructional material is current and aligned with the academic content standards
3. The Government should provide grant funding to develop the quality of human resource by providing enough expenditure for education development
4. The Government should promote recognition that becoming a qualified and professional teacher is a long term and developmental process
5. The Government should pay enough attention to teacher’s welfare to attract the good potential students to enter the teacher profession through the institution of teacher education and retain qualified experienced teacher for schools.

## Conclusion

Global challenges that influence all areas of human life in the world are the conditions that are naturally going on as a consequence of the rapid development of science and technology. It is impossible to be avoided but has to be faced by using methods with the high quality especially human resources. To face the global challenges successfully, we need the qualified human resources that can only be produced through an authentic educational program and authentic educational process with high quality. Teachers' quality is the keyword for ensuring the quality of education that indicated by the quality of output and outcome. Without qualified, competent teachers, it is impossible to build a high-quality education. On the other hand, qualified competent teacher will not able to carry out their task professionally without the proper conditions that support their task. Hence, on the one hand, we need to continually improve teachers' quality, and on the other hand, we need to provide a proper condition to support teachers in their teaching methods.

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