

## ANALYSIS OF THE TEACHING RESOURCE NEEDS OF PHYSICAL EDUCATION TEACHERS

**Mr. Vilas Uttam Elke** Director of Physical Education, Radhabai Kale Mahila  
Mahavidyalaya, Ahmednagar.

**Dr. Sharad Aher** Professor, CACPE, Pune.

### Abstract

The purpose of this study was to analyze the teaching resource (Video) needs of the primary school physical education teachers. This study was carried out by descriptive survey method. Total 184 primary school physical education teachers from Maharashtra state were selected by random sampling technique. Teaching resources needs were decided by asking the physical education teachers to fill up Need Analysis Questionnaire. Data was collected through google form. Questionnaire was sent to 184 primary school physical education teachers from Maharashtra state randomly and their responses were considered for the study. Based on the questionnaire, physical education teachers responses were categorized as Health Related Physical Fitness Components, Skill Related Physical Fitness Components, Fundamental Movement Skills, Yoga Asana, Rhythmic Components and Sports. Different responses received from Physical education teachers. Primary School Physical education teacher needs more physical education teaching resources (video) on the physical education components such as Cardiovascular Endurance, Co-ordination, Manipulative Movement Skills, Standing Yoga Asanas, Sports Skills, Aerobics and Athletics.

**Keywords:** Physical education, Teaching Resource.

### Introduction

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for students' lifelong and life-wide learning. (Physical Education, 2020)

If physical education teaching is effective then students get maximum learning. Physical education involves Physical Fitness, Rhythmic activities, Physical activities and Physical movements of students. While teaching to elementary school, physical education teachers need to know how to choose and teach physical education teaching elements. Physical education teachers need physical education teaching elements in different ways in school. For this, primary school physical education teachers need resources (video) on various physical education teaching elements. There are no physical education teaching resources (videos) more available in Maharashtra. Therefore, it will be important for the physical education teachers of the primary schools running in Maharashtra to see on which physical education components resources (videos) are required. The purpose of this study was to analyze the teaching resource (Video) needs of the primary school physical education teachers.

### Method:

This study was carried out by descriptive survey method (Gay, 2000). Total 184 primary school physical education teachers who teach physical education to class 5th in a school from Maharashtra state were selected by random sampling technique. (Best, 2010)

Teaching resources needs were decided by asking the physical education teachers to fill up Need Analysis Questionnaire. Data was collected through google form. Questionnaire was sent to 184 primary school physical education teachers from Maharashtra state randomly and their responses were considered for the study. Based on the questionnaire, physical education teachers responses were categorized as Health Related Physical Fitness Components, Skill Related Physical Fitness Components, Fundamental Movement Skills, Yoga Asana, Rhythmic Components and Sports. Different responses received from Physical education teachers.

**Statistical Analysis:**

Table No. 1 You need a physical education teaching resource (Video) on which of the following health-related physical fitness components.

	Frequency	Percentage
Cardiovascular Endurance	119	26.86
Muscular Strength	107	24.15
Muscular Endurance	104	23.48
Flexibility	113	25.51
Total	443	100

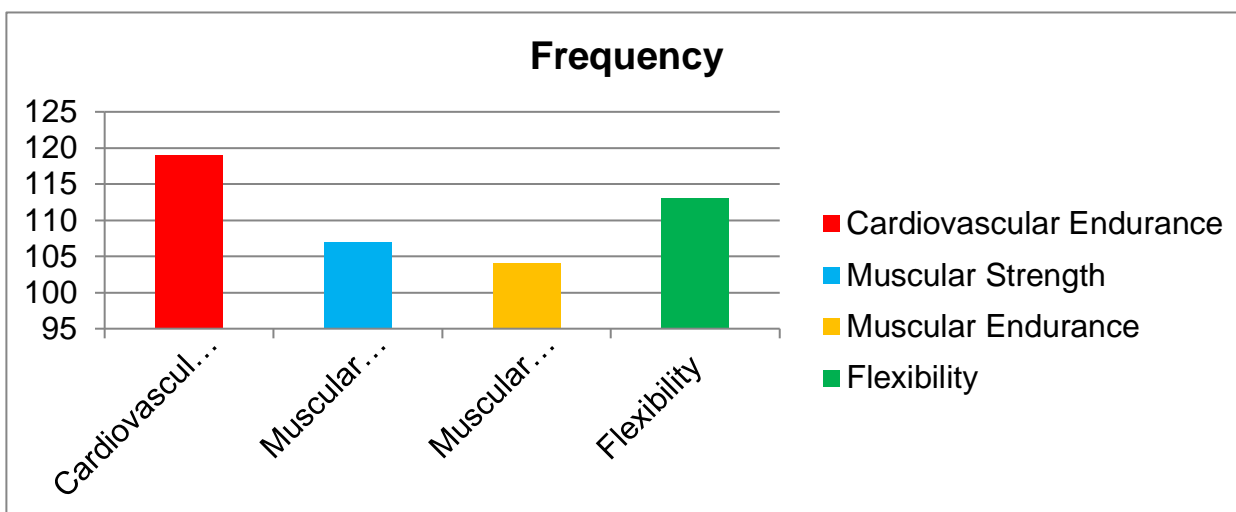


Table no.1 shows that, In this study there were 184 physical education teachers selected for this study, many physical education teachers chose one, two and more options to determine which teaching resource component is needed for teaching. Frequency of 443 responses given by 184 physical education teachers. Responses of physical education teachers need of teaching resources (Video) on Health Related Physical Fitness components (Cardiovascular Endurance 119, Muscular Strength 107, Muscular Endurance 104, and Flexibility 113).

Table No. 2 You need a physical education teaching resources (video) on which of the following skill related physical fitness components.

	Frequency	Percentage
Balance	84	14.02
Agility	94	15.69
Power	93	15.53
Co-ordination	121	20.20

Speed	105	17.53
Reaction Time	102	17.03
Total	599	100

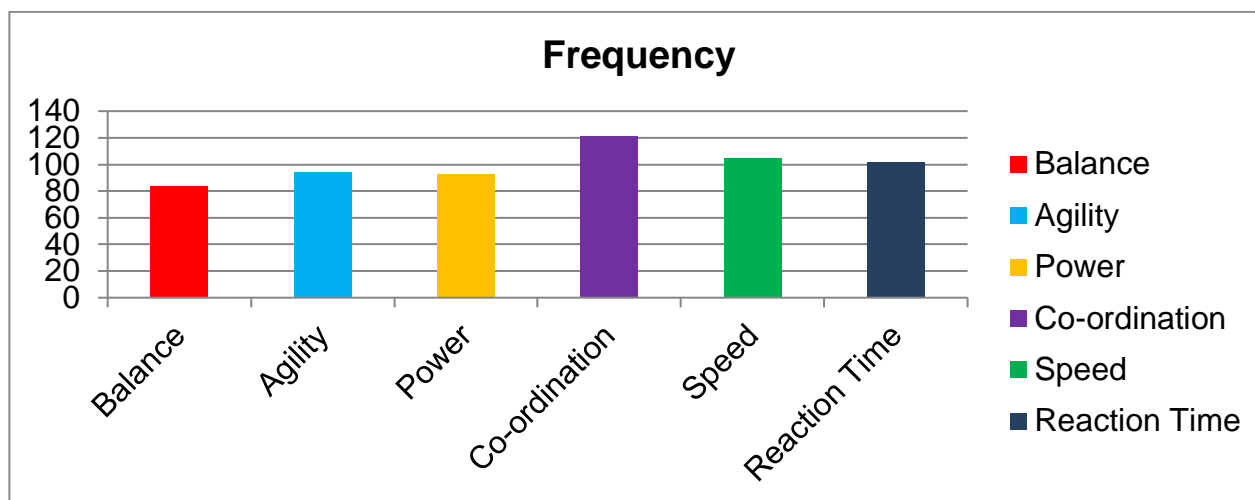


Table no.2 shows that, In this study there were 184 physical education teachers selected for this study, many physical education teachers chose one, two and more options to determine which teaching resource component is needed for teaching. Frequency of 599 responses given by 184 physical education teachers. Responses of physical education teachers need of teaching resources (Video) on Skill Related Physical Fitness Components (Balance 84, Agility 94, Power 93, Co-ordination 121, Speed 105, and Reaction Time 102).

Table No. 3 You need a physical education teaching resource (Video) on which of the following Fundamental Movement Skills.

	Frequency	Percentage
Locomotor Movement Skills	112	35.00
Non locomotor Movement Skills	85	26.56
Manipulative Movement Skills	123	38.44
Total	320	100

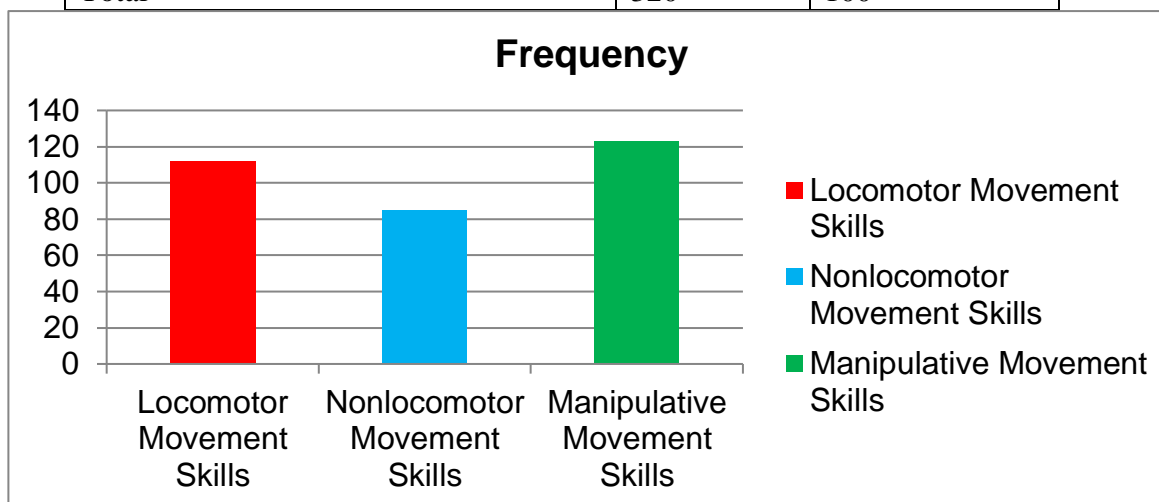


Table no.3 shows that, In this study there were 184 physical education teachers selected for this study, many physical education teachers chose one, two and more options to determine which

teaching resource component is needed for teaching. Frequency of 320 responses given by 184 physical education teachers. Responses of physical education teachers need of teaching resources (Video) on Fundamental Movement Skills (Locomotor Movement Skills 112, Non locomotor Movement Skills 85, and Manipulative Movement Skills 123).

Table No. 4 You need a physical education teaching resources (Video) on which of the following yoga asanas.

	Frequency	Percentage
Standing Posture Asanas	120	28.92
Sitting Posture Asanas	104	25.06
Prone Posture Asanas	94	22.65
Supine Posture Asanas	97	23.37
Total	415	100

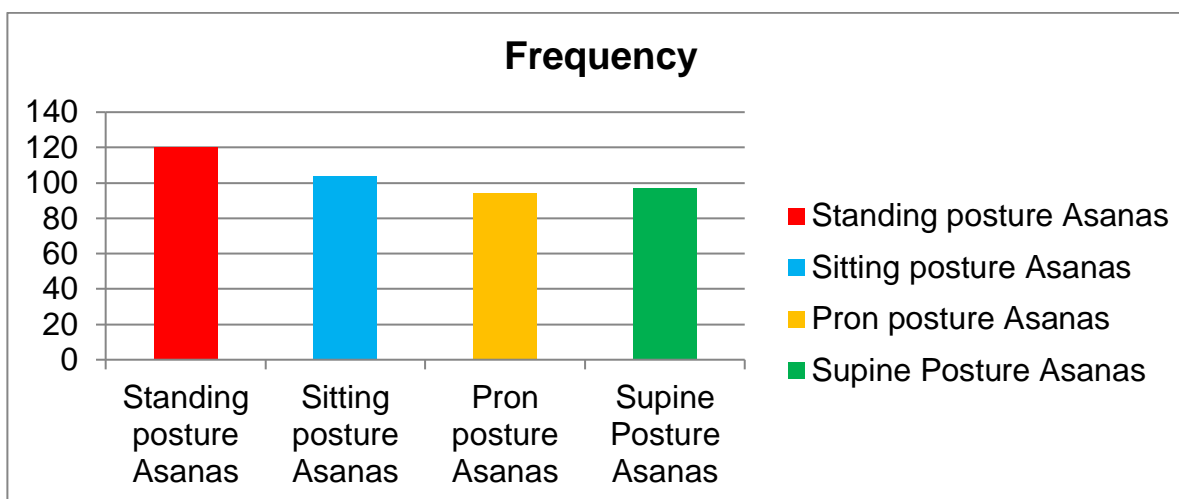


Table no.4 shows that, In this study there were 184 physical education teachers selected for this study, many physical education teachers chose one, two and more options to determine which teaching resource component is needed for teaching. Frequency of 415 responses given by 184 physical education teachers. Responses of physical education teachers need of teaching resources (Video) on Yoga Asanas (Standing posture Asanas 120, Sitting posture Asanas 104, Prone posture Asanas 94, and Supine Posture Asanas 97)

Table No. 5 You need a physical education teaching resource (video) on which of the following components.

	Frequency	Percentage
Recreational Games	85	29.51
Sports Skills	148	51.39
Relay Race	55	19.10
Total	288	100

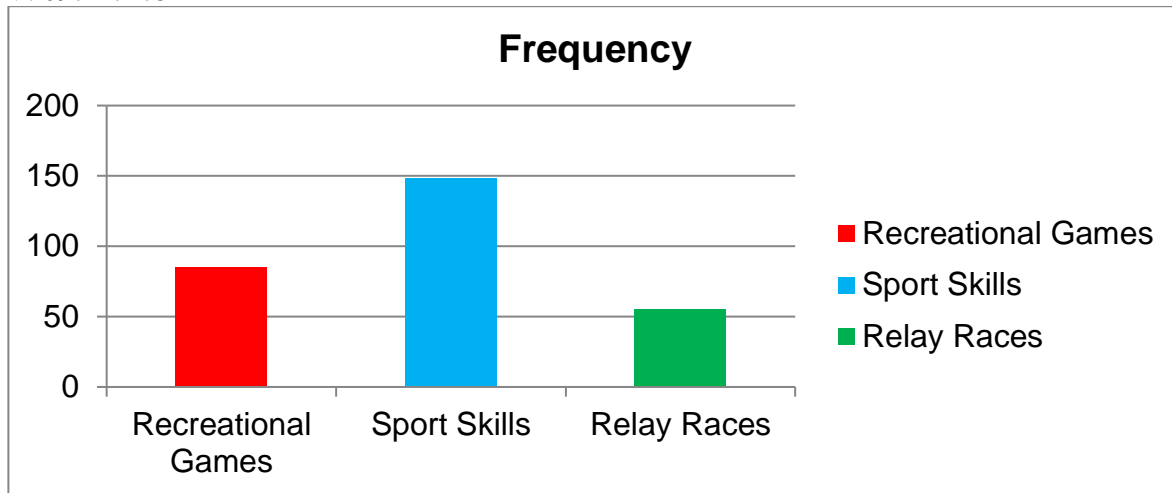


Table no.5 shows that, In this study there were 184 physical education teachers selected for this study, many physical education teachers chose one, two and more options to determine which teaching resource component is needed for teaching. Frequency of 288 responses given by 184 physical education teachers. Responses of physical education teachers need of teaching resources (Video) on Components of Recreational Games 85, Sports Skills 148, and Relay Races 55.

Table No. 6 You need a physical education teaching resource (video) on which of the rhythmic components.

	Frequency	Percentage
Aerobics	127	39.08
Lezim	103	31.69
Mass PT (Light Apparatus)	95	29.23
Total	325	100

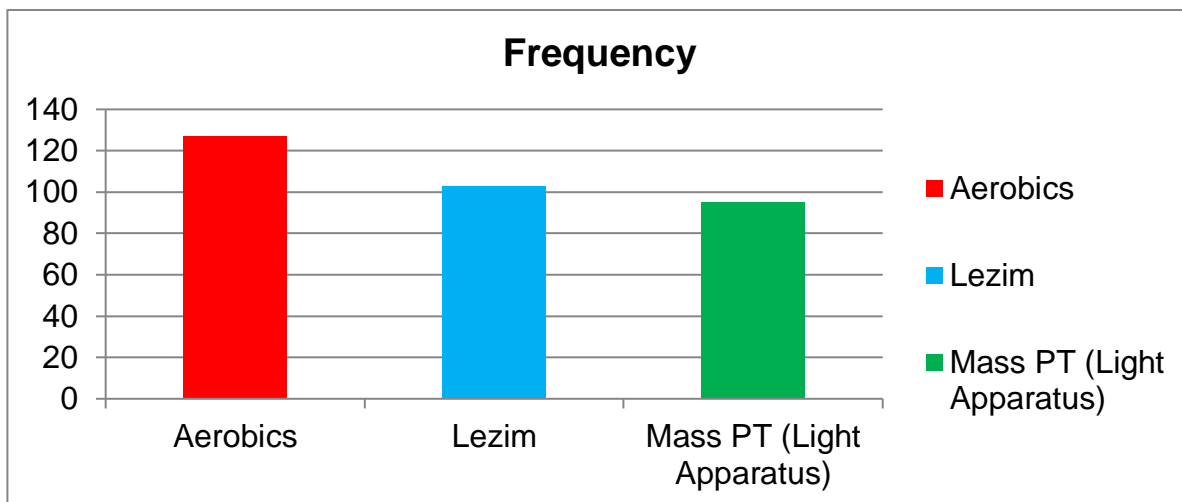


Table no.6 shows that, In this study there were 184 physical education teachers selected for this study, many physical education teachers chose one, two and more options to determine which teaching resource component is needed for teaching. Frequency of 325 responses given by 184 physical education teachers. Responses of physical education teachers need of teaching resources (Video) on Rhythmic Components. (Aerobics 127, Lezim 103, and Mass PT 95)

Table No. 7 You need a physical education teaching resource (video) on which Sports?

	Frequency	Percentage
Cricket	11	5.64
Athletics	43	22.05
Volleyball	18	9.23
Handball	14	7.18
Fencing	1	0.51
Hockey	5	2.56
Kho-Kho	18	9.23
Baseball/ Softball	9	4.62
Kabaddi	21	10.77
Basketball	15	7.69
Badminton	3	1.54
Football	21	10.77
Mallakhamb	2	1.03
Yoga	4	2.05
Karate/ Taekwondo	7	3.59
Skating	3	1.54
Total	195	100

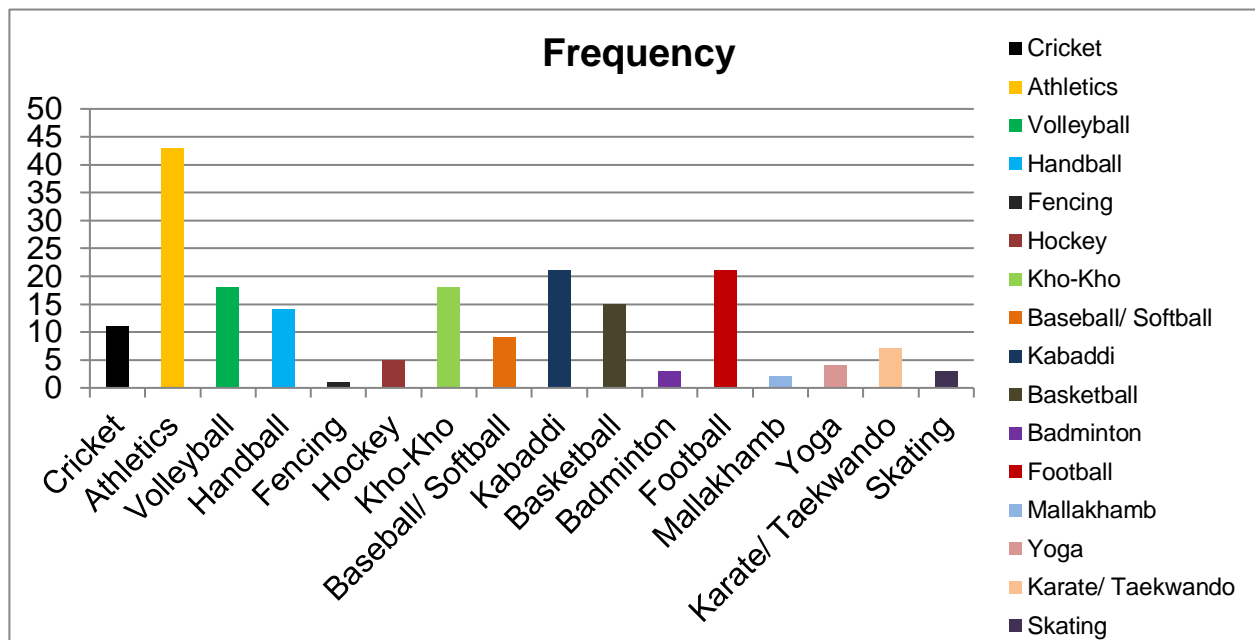


Table no. 7 shows that, In this study there were 184 physical education teachers selected for this study, many physical education teachers chose one, two and more options to determine which teaching resource component is needed for teaching. Frequency of 195 responses given by 184 physical education teachers. Responses of physical education teachers need of teaching resources (Video) on Sports. (Cricket 11, Athletics 43, Volleyball 18, Handball 14, Fencing 1, Hockey 5, Kho-Kho 18, Baseball/Softball 9, Kabaddi 21, Basketball 15, Badminton 3, Football 21, Mallakhamb 2, Yoga 4, Karate/Taekwondo 7, and Skating 3).

**Discussion:**

Primary school physical education teacher’s needs physical education teaching resources for  
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effective physical education teaching in school. Physical Education teaching resources helps to develop their knowledge regarding physical education and get idea for teaching physical education. Effective Physical Education classes help student to develop skills, maintain physical fitness, and learn about personal health and wellness.

**Conclusions:**

Different responses received from Physical education teachers. Primary School Physical education teacher needs more physical education teaching resources (video) on the physical education components such as Cardiovascular Endurance, Co-ordination, Manipulative Movement Skills, Standing Yoga Asanas, Sports Skills, Aerobics and Athletics.

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