Welcome,

students!



PE 2 RUNNING



JACQUELINE F. BALTASAR

Philosophy I believe in about my learners as adults.

YT link

Running and walking as a personal hobby.

Assumption and learning principles in adult learning (Malcolm Knowles, 1980)

<u>Assumptions</u>		Learning principles	
As individuals mature:		Learning is facilitated wh	
1.	They find themselves more active & self-directed	1.	The learner is activ motivated, their at will learn faster & r
2.	They accumulate experiences through the years that give them something to contribute & share	2.	What is to be learn experiences
3.	They want to learn things that will help them to cope with real-life concerns & problems	3.	The learner sees pu learned
4.	They give attention to the kind of learning that has direct & immediate application to real-life situations	4.	The learner is able actual-life situation

hen:

- vely involved when students are ttention will be captured & held & they more thoroughly
- ned is related to the learner's previous

urpose or meaning in what is to be

to apply what has been learned to ns



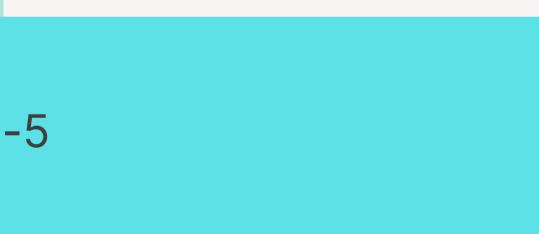


Weeks 3-4-5

WHAT DO I **EXPECT FROM THE COURSE?** (TIME)

Week 6





Unit 1: What preparations should I make before getting into the activity?

> Unit 2: What do I need to know before adopting the activity as an exercise?

> > Unit 3: I am now ready to participate in the activity as part of my healthy lifestyle.

> > > Unit 4: How do I evaluate my activity plan and experience?

WHAT DO I EXPECT FROM THE COURSE? (CONTENT)



asynchronous (posters, video lecture, pre-test) synchronous (class discussions)

WHAT DO I **EXPECT FROM THE COURSE?** (ACTIVITIES)

asynchronous (group preparations) synchronous (group reportings)

asynchronous (activities at semi-structured pace) synchronous (small group discussions)

> synchronous asynchronous

- (online fun run, culminating activity)
- (accomplishment of the activity plan)

activity plan (from planning to evaluation)

> group reports, self and peer evaluations through google forms

WHAT DO I **EXPECT FROM THE COURSE?** (OUTPUTS)

fitness tracker results, SGD reports

online fun run results, final activity plan)

activity plan 20% (from planning to evaluation)

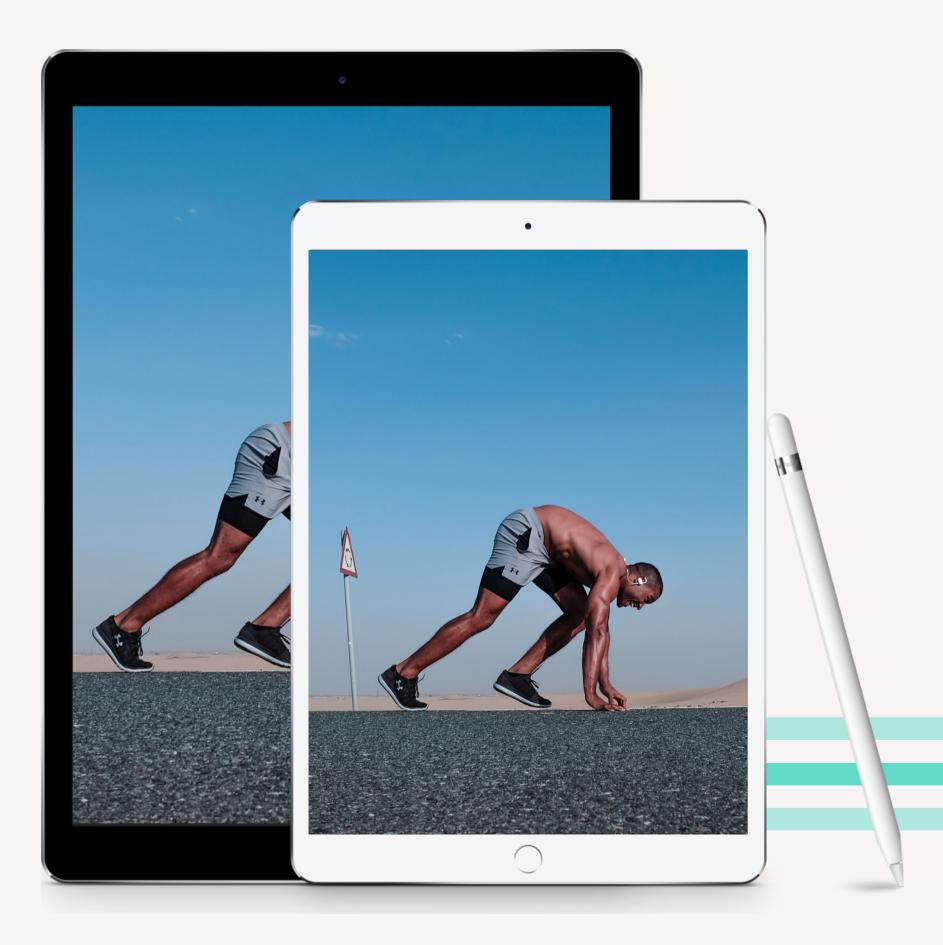
> group reports, self and peer 20% evaluations through google forms

30%

WHAT DO I **EXPECT FROM THE COURSE?** (GRADING SYSTEM)

fitness tracker results, SGD reports 30%

online fun run results, final activity plan



LOOKING FORWARD TO AN ENJOYABLE MIDYEAR WITH YOU ALL!