



***Welcome,
students!***

PE 2 WALKING



JACQUELINE F. BALTASAR

YT link

Running and walking as a personal hobby.

Philosophy I believe in about my learners as adults.

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

<u>Assumptions</u>	<u>Learning principles</u>
As individuals mature:	Learning is facilitated when:
1. They find themselves more active & self-directed	1. The learner is actively involved – when students are motivated, their attention will be captured & held & they will learn faster & more thoroughly
2. They accumulate experiences through the years that give them something to contribute & share	2. What is to be learned is related to the learner's previous experiences
3. They want to learn things that will help them to cope with real-life concerns & problems	3. The learner sees purpose or meaning in what is to be learned
4. They give attention to the kind of learning that has direct & immediate application to real-life situations	4. The learner is able to apply what has been learned to actual-life situations

Week 1

Week 2

Weeks 3-4-5

Week 6

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

WHAT DO I EXPECT FROM THE COURSE? (CONTENT)

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

Unit 2: What do I need to know before adapting walking as an exercise?

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

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

WHAT DO I EXPECT FROM THE COURSE? (ACTIVITIES)

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

asynchronous (group
preparations)
synchronous (group
reportings)

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

synchronous
(virtual walkathon, culminating activity)
asynchronous
(accomplishment of the activity plan)

activity plan
(from planning to evaluation)

group reports, self and peer
evaluations through google forms

fitness tracker results, SGD reports

virtual walkathon results, final activity plan

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

activity plan 20%
(from planning to evaluation)

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

fitness tracker results, SGD reports 30%

virtual walkathon results, final activity plan
30%

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

**LOOKING FORWARD
TO AN ENJOYABLE
MIDYEAR WITH YOU
ALL!**

