**Physical Education and the Process of English Learning**

In our last project, My student and I gained many experiences by participating in a fruitful journey in physical education and English linguistics. It was special training for the body and the soul. Our body got much fitter, and our learning English Experience got richer. In this project, we did many different physical education activities that ended with an English report detailing the experiences and challenges during that span. The project started with Track and field. First, we start running and jogging exercises, where we did the 50meter, 100-meter sprints, and 400-meter dash. In addition to the physical training, we learned how to use the words winner, first, second, third, finishing line, and many similar related words. The same continued similarly to all track-and-field activities, including high and long jumps, and hurdles. It demonstrates how communicative competence could be successfully utilized, as an extra learning tool. There was grammatical competence in learning new vocabulary words and knowing how to pronounce them correctly. Also, sociolinguistic was present, as the learning was emotional, and the words reflected the purpose and the audience involved.

The second stint was playing Basketball, which is a team sport as everyone knows. In this episode, the tutee did not only learn to dribble and pass, but he also learned to use these words with many others. The beautiful part of playing a team sport is that the communication part is an essential part of the game. In Basketball, talking with teammates is an integral part of the sport. They need to implement game tactics and plans together, and all this needs communication, learning, and understanding the language connected to it. This was a great experience in integrating language. Every player, including the student, had to use the language in context to express his tactics and receive information from his teammates.

Front-loading lessons are learned, with the writing of the reports of each activity. The report will indicate the type of activity performed and the words, phrases, and sentences. Writing text to describe the tasks is a culmination of all the lessons learned during physical education. And knowing the spelling of all the words gained is further education in communication competence, specifically the grammar one. I especially enjoyed reading these reports as they demonstrated the magnitude and extent of the learning process.

This was enormously significant for the tutee because it demonstrated that learning while enjoying executing different activities is possible. It opened his eyes to the various learning methods, added to the traditional ones that can sometimes be tiring and boring. It provides extra motivation and enthusiasm to the whole process in the different venues of demonstrating the learning in practical ways. The process was gratifying to me because I had the opportunity to apply the various teaching methods. It demonstrated practically how to expand our teaching methods and apply new ones that can pave the way to the future in the integration of new processes to make teaching and learning English much simpler and more fun without any compromises.

References:

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