Maximizing the Use of Google Sites in Delivering Instruction in Physical Education Classes

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Abstract

Background: Being inventive and creative in offering effective and efficient teaching and learning processes is one of the priorities of any teacher, especially Physical Education teachers, as the delivery of instruction to students evolves. With these, this study proves and illuminates the usefulness of Google sites in delivering physical education teaching.

Objectives: This research aims to determine the effects of Google sites as a medium for delivering Physical Education on the learning outcomes of Grade 10 students in one of the secondary schools in the Philippines. Its specific aims were to: (1) determine the impact of Google sites on availability, functionality, and goals, and (2) establish an enhancement program based on the study's findings.

Methods: The study utilized a quantitative research design with descriptive approach accompany with survey questionnaire. The purposive sampling was utilized to 106 students from secondary schools in the Philippines.

Results: As the findings of the study geared toward its effectiveness in terms of functionality, availability and learning experience, it shows that most of the lessons delivered and maximizing Google sites as a tool in delivering instruction were appreciated by the students where students were mostly "Strongly Agree" with the responses. With this tool in delivering instruction, it shows light that students can easily understand the lesson in learning and doing tasks using Google sites.

Conclusion: This study sheds light on the effective and efficient use of Google sites in delivering instruction in PE classes particularly offers a safe learning virtual environment, accessibility to the learning materials and learned using their own time and autonomy in learning. Using Google Sites to the fullest extent possible in Physical Education classes.

Keywords: google sites, innovation, functionality, learning experience, physical education.

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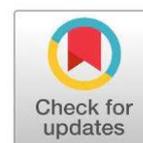
INTRODUCTION

Along with the changes faced in the delivery of instruction to students, being innovative and creative in providing effective and efficient teaching and learning process is one of the concerns of every teacher, especially physical education teachers. Making some digital copies of modules and providing free access to educational resources are some of the things they give time and committed to reaching students in different learning modalities. Due to the changing methodologies in the time, one of the alternative ways to deliver instruction is to use Google sites because they are free, accessible, and can be used repeatedly by teachers and students to deliver instruction.

One of the ways is to be innovative such as creating a free website designed for students with the reading and learning materials they need in their studies. It is free and accessible by students under the digital modality. In response to the challenge of extending education in any aspect and way of delivering instruction, the creation of an online platform like Google sites and pioneering works of every teacher to continue education, especially more on learning and doing capabilities of students in physical education classes. With these, this study demonstrates and sheds light on effective ways Google sites deliver instruction in Physical education classes.

The Philippines K-12 Curriculum improves the teaching and learning process by stressing student-centered instruction, including innovation, just as physical education benefits students in many ways by integrating their intellect in useful, comprehensive, and innovative delivery of instructions. This study strives to discover the effects of Google sites as a medium in delivering instruction used in Physical Education to enhance the learning performances of Grade 10 students in Sta. Catalina National High School. Specifically, it sought to answer the following: (1) determine the effect of Google sites in terms of functionality, availability, and learning experience, and (2) develop an enhancement program based on the study's findings. This study will help and give scope to incorporate technology in delivering instruction in Physical education and have many studies related to it where students' ability to stream instructional videos and provide a website that could supplement and complement their learning was a factor that influences their learning.

Related Literature

As to describe, Google site was a free web resources that can be used in creating own website in posting class works, digitalized modules and deliver instructions to the

students where it was made by the teacher and able to meet the learning competencies and addressed goals of the curriculum where students can access in their home with their own time. Similarly, Sandy (2021) describe Google Sites as a platform for making webpages and sections that was published in February 2008. It was a digitally tool that is also part of the Google Workspace for productivity suite. Furthermore, Kessler (2020) bridge the gap, teachers could use Google Sites as a steppingstone for ICT integration in teaching and learning. Similarly, Bradbury (2017) notions on teachers can use Google Sites to arrange topic and corresponding tasks so that students can access information more easily and make plans like classroom discussions or assessments. In a world which we must modify and create something new, teachers should have innovative understanding and skills. Due to the sheer school's learning contingency planning, no student will fall behind in terms of experience, mindset, or learning. Numerous learning paradigms were offered in the School Year 2021-2022. Teachers must improve their technological skills, according to Aldunate & Nussbaum (2013) by constructing a typical instructional technology acceptance method based on the earlier learning curve for technological advances strongly suggested school setup methods and techniques and displaying waypoints.

METHOD

Study Design and Participants

To examine the effect of Google sites on students' learning experiences in Physical Education, the researcher employed a descriptive survey technique of research with a series of questionnaires as the key instrument. Quantitative research is the process of gathering and evaluating numerical data. It should be used to find patterns and averages, to make predictions, to evaluate causal links, and to extrapolate results to bigger groups (Bhandari, 2021). To determine the population, the researcher used stratified sampling, and a purposive sampling selection of the school was used to determine the study's respondents. The respondents were Grade 10 students consisting of 106 respondents as they were the students under the digital modality in the school.

Research Instruments

The researcher created a survey questionnaire using Google Forms as the data collection tool. The research instrument was made to assess the effect of google sites in delivering instruction in physical education by knowing the functionality, availability, and learning experience in the learning and doing activities in physical education classes. The

researcher used the method to conduct this study and collect data to determine the effects of Google sites on students' learning experiences in physical education classes. The respondents' responses were interpreted using a rating scale of "4" - Strongly Agree"3" for Agree, "2" for disagree, and "1" for Strongly disagree. The researcher initially presented the survey questionnaire to the physical education experts for feedback, suggestions, and recommendations to generate a valid, reliable, and well-structured survey questionnaire.

Data Analysis

The necessary information was therefore gathered through a survey questionnaire using Google Forms and forwarded through designated GCs (messengers) of the class and other available online platforms that were most functional and practical for the researcher to answer the questionnaires to its respondents after proper permission. To determine the findings of the study, statistical tools such as weighted mean and frequency count were used. In Part I of the survey, the verbal interpretation of the Likert Scale was as follows:

3.26-4.00 = Strongly Agree (SA)

2.51-3.25 = Agree (A)

1.76-2.50 = Disagree (D)

1.00-1.75 = Strongly Disagree (SD)

After knowing the responses, the analysis, tally of the results and interpretation are the next steps to emphasize and guide the results of the study.

RESULTS

Table 1 shows the impact of Google sites on students 'learning experience in terms of functionality. Functionality refers to how google sites alleviate the learning experience of students in their academic achievement. Table 1 shows that the Google sites serve their functionality in a different avenue. It has been proven by the respondents that it serves as a webpage to look on and understand the organized lessons prepared by the teacher with a weighted mean of 3.68 which means "Strongly Agree". Google sites provide a conducive learning environment without having to go to school because you will submit your learning tasks via digital copy with a weighted mean of 3.65 and it was convenient for students' learning experience in which lessons are easy to understand and highlight the tasks needed to submit with a weighted mean of 3.63. Most of the respondent's responses were "Strongly Agree" with an overall mean of 3.59 to state that Google Sites is a well-organized

online platform that involves learning in a dynamic, efficient, and accessible setting. It showed that the Google sites have a role and function for students under the digital learning modality.

Table 1. Effects of Google sites in terms of functionality

No	Statements	WM	Verbal Interpretation
1	Google Sites is accessible at any time I want.	3.46	Strongly Agree
2	Google Sites allows my internet connection or mobile data to see modules and learning tasks.	3.57	Strongly Agree
3	Google sites are a website used by the teacher to deliver the lesson even at the home.	3.42	Strongly Agree
4	Google sites are easy to use because the link is provided by the teacher.	3.62	Strongly Agree
5	Google sites reach students by providing a conducive learning environment without having to go to school because you will submit your learning tasks via digital copy.	3.65	Strongly Agree
6	Google sites are an organized online platform for a flexible, convenient, and safe learning environment.	3.59	Strongly Agree
7	Colorful and many can be placed pictures, and videos related to our topic on Google's sites that are more compelling to my study.	3.72	Strongly Agree
8	I used Google Sites to see and understand the organized lessons prepared by my teacher.	3.68	Strongly Agree
9	Google site lessons are easy to understand and highlight the tasks needed to submit.	3.63	Strongly Agree
10	Using Google sites is challenging to use to prepare oneself for the modern world using technology.	3.55	Strongly Agree
	Overall Weighted Arithmetic Mean	*3.59*	*Strongly Agree*

Table 2. Effects of Google sites in terms of availability

No	Statements	WM	Verbal Interpretation
1	I can make the most time of using Google sites in acquiring knowledge and understanding the lessons.	3.65	Strongly Agree
2	With the use of Google sites, I can gain more independence and confidence in understanding the lesson through the provided information on the website.	3.58	Strongly Agree
3	Concerning the class, I can motivate myself with active involvement and creative thinking skills using Google sites.	3.52	Strongly Agree
4	Through varied activities and instructions provided by the teacher, I can unlock my creativity in myself.	3.49	Strongly Agree
5	I can discover more creative applications of digital tools that boost my outputs by using Google sites.	3.64	Strongly Agree
6	I can use Google sites anytime and anywhere because it is easy to access.	3.57	Strongly Agree
7	Google sites are easy to learn and use.	3.71	Strongly Agree
8	Google sites help me to become productive and effective.	3.57	Strongly Agree
	Overall Weighted Arithmetic Mean	*3.59*	*Strongly Agree*

Table 2 shows the effects of Google sites in terms of accessibility. Since this webpage is free and accessible to the students, Google sites are easy to learn and use with a weighted mean of 3.71 which means "Strongly Agree". Google sites are accessible and convenient to manage the time and learning process of the students with a weighted mean of 3.65 which means "Strongly Agree". As a result, students are better prepared for future

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generations of learning and teaching as we welcome the 21st-century learning design as students become creative and discover any applications of digital tools that boost outputs with the weighted mean of 3.64 which means "Strongly Agree". Moreover, the Google sites in terms of availability have an overall impact on students' learning experience with an overall weighted mean of 3.59 – "Strongly Agree".

Table 3. Effects of Google sites in terms of learning experience

No	Statements	WM	Verbal Interpretation
1	Google Sites allows me to manage my time and complete my learning assignments.	3.58	Strongly Agree
2	My learning experience with Google Sites has been quite positive, particularly the website's content and videos.	3.58	Strongly Agree
3	I can use Google sites even though I haven't been taught it because it's the same with social media platforms.	3.44	Strongly Agree
4	I can easily remember lessons and answer learning tasks because I can go back to Google sites.	3.59	Strongly Agree
5	The contents of Google sites are attractive and get the attention of students who finish more learning tasks on the due date.	3.53	Strongly Agree
	Overall Weighted Arithmetic Mean	*3.53*	*Strongly Agree*

Table 3 shows its contribution to the students' learning experience. Google sites have a substantial influence on students learning experience. Based on the respondents' responses, Google site lessons are easy to remember and submit learning tasks with a weighted mean of 3.59 which means "Strongly Agree", followed by Google Sites allows to manage time and complete learning assignments and learning experiences and has been quite positive, particularly the website's content and videos with a weighted mean of 3.58 which means "Strongly Agree". With its impact on learning experience, respondents viewed Google sites as a substantial influence on learning experience in Physical education with an overall weighted mean of 3.53- "Strongly Agree".

DISCUSSION

As Nwigbo & Madhu (2016) assert that incorporating principle of online education leads to the introduction and implementation of technology in address the various learning barriers that occur. Similarly, Bond & Bedenlier (2019) reiterates that for teachers and experts, the concept of student engagement has become a complete mystery with contemporary discussions over its nature and intricacy, as well as critiques of its extensiveness in academic evidence, reasoning, and successful implementation. Because of this, to provide alternative ways to provide quality education to students amidst the pandemic, Google sites were designed and known as a web-design instruction which places learning tasks, supplementary videos, and modules for students whose function is to

motivate, not to lag students in learning and keep pace with the rapid adaptation to the technology used in our contemporary world. computer-based technology may be purposefully implemented to achieve the greatest gains in student engagement Schindler, Burkholder, Morad, & Marsh (2017). According to Naz & Khan (2018) learning management system can perform a variety of tasks and useful services including educational content provision assessing the learning performance throughout the section of course duration, and completing the frequent evaluation of the subjects. In place of the study, its function has a big role in delivering instruction to the students' learning experience. This shows that technology specifically using Google sites has paved the way for effective and alternative ways to reach every mentally and physically healthy individual in Physical education classes. Furthermore, García-Peñalvo, Conde, Alier, & Casany (2011) noted that emerging ICT technologies are rapidly ushering a significant impact on the way people work, and information can be obtained, distributed, and used by culture.

Along with the statement, colorful, salient and substantial information, reading materials and attractive website were utilized to deliver the instruction in Physical education classes, effective and efficient be placed pictures, and videos related to our topic on Google's sites that are more compelling to my study got a weighted mean of 3.72 with the verbal interpretation of Strongly Agree which indicates that Google sites can attract and motivates every piece of content that is posted, and the way Google sites are designed. Moreover, Schindler, Burkholder, Morad, & Marsh (2017) student involvement is an intended effect that depicts a student's academic beliefs, emotions, and actions. As to Rashid & Asghar (2016) learners' engagement and consciousness were strictly associated with their utilization of technology in their learning. With this look of learning management, students are more inspired to perform learning tasks using their different senses with the incorporation of technology. In relation, studies have shown that using Google Sites in flexible learning and teaching strategies enhanced students' good marks. It had a major impact on student interest in part and concurrently learning where teachers could be encouraged to use the Learning Management System specifically Google sites as an effective tool in delivering instruction (Beta, Aji, & Idris, 2021). With these, teachers and students see the function of Google sites as learning media tools that were beneficial to students' learning experience as a platform that was engaging, responsive, and offers a wide range of learning abilities. Thus, Mayisela (2013) students have access to teachers'

evaluations which they can reflect more thoroughly on the remarks where in a blended learning environment, mobile technology offers the potential to improve accessibility and engagement.

As a function of the comments, students can access this material easier and readily because it is stored online. students accomplish further tasks, and wherever and wherever they may be accessible through a digital platform for instruction. due to the pandemic, we have experienced, teachers become innovative and creative in delivering instruction that in any way will be done to reach every student, online or modular learning modality. With the implementation of the digital modality, it is of great help to students and parents who do not have to go to school to pass modules and do not need the daily mobile load just to use the Google sites.

With the given, time and schedule in answering learning tasks and ample time in completing their tasks, using Google sites is a big help and guide for them in accomplishing the tasks because with this web design tool, they can find reel-times pictures and videos that can help with their learning tasks. As Syaharuddin, Mutiani, Handy, Abbas, & Jumriani (2021) emphasize that online learning is useful for presenting knowledge and giving leeway to students on learning on their own. They could do the learning tasks in their own available time and the Google sites are accessible at any place and time they prefer which could lead them to their independent learning. Same with Sun & Chen (2016) revealed that one of the most important and difficult factors of online learning was establishing a sense of connection to the virtual world.

Furthermore, through Google sites, students maximize their various skills specifically in technological aspect because they are given the chance to be innovative, creative, and not limited to doing tasks using various online applications available on their mobile devices. Most students are happy when technology becomes available in the classroom even though they are digital natives. Similarly, Awuah (2015) Recognizing the usefulness of educational apps, there was an impact on overall performance and fulfillment in their tasks with a wide range of applications being embraced by many as an innovative means of enhancing their schools where students and teachers collaborate on projects. Students become active and engaging when instruction delivery is interactive and student-centered. In lieu of the study, students tend to have more knowledge and skills in terms of technological capabilities that help them explore different applications on their mobile

phones. With these, students become committed to doing tasks when they are allowed to explore and let them learn by their work and learning by doing. Because of its capability to link people, digital learning has already become prominent all over the world amidst the pandemic. Dynamic and asynchronously interaction allows students to interact to teachers, classmates, and lesson (Board, Editor, Editor, & Betz, 2011). Classroom engagement, effective communication, and consciousness could all strengthen in a digital environment where the teaching and learning environment may be suitable for students and teachers (Halim & Hashim, 2019). Online feature in a conventional lecture could help students successfully transition (Bailey & Lee, 2020).

With the study of Roodt & De Villiers (2012) notions on Google Sites have had a significant positive influence on students, and the vast majority of students viewed Google Sites as an inventive teaching tool using technology as a marked improvement in their overall learning performance. The study of Awidi & Paynter (2019) emphasized on instructional approaches were planned and appropriately aligned, students can benefit from the online learning experience. All in all, the learning experiences of the students in digital modality learning using Google sites has an impact to their learning experience as a tool in maximizing the teaching and learning process. As the process of reconsidering teaching philosophy and finding a point of compromise, according to Le Lay (2021) is necessary to achieve the most crucial goal getting the message to the students. Therefore, Google sites have been of great help in delivering learning to students and their experience. Despite the challenge of learning, innovativeness and creativity using Google sites became the foundation of each student's learning experience.

CONCLUSION

This study will shed light on the effective way of delivering instruction using Google sites. As the findings of the study geared toward its effectiveness in terms of functionality, availability, and learning experience, it shows that most of the lessons delivered and maximizing Google sites as a tool in delivering instruction were appreciated by the students where students were mostly "Strongly Agreeing" with the responses. It is very reasonable and rational to not have so-called face-to-face learning because we cannot take chances on and person's life. Individuals have many possibilities in the continuation of delivering instruction. With the profoundly used of technology in delivering instruction, Google sites with numerous studies show that it has a highly accepted and positive outlook on the

teaching and learning process that can be used by every teacher specifically in Physical Education classes as it shows different content, videos, and a web -design online platform that was accessible, available, and capable of disseminating knowledge to students in utilizing technology as part of delivering instruction. As teachers, we find views and perspectives with a dilemma same with the parents and students, however, with a shared sense of purpose and a disregard for self-interest and ambitions, a better tomorrow may be in the future. Continuity of learning and researching every conceivable approach to assist both teachers and students are important in educational settings. As we want to continue education and the challenges that hinder the achievement of quality education, every individual needs to be strong, committed, and innovative in delivering instruction. Thus, this study dwells on the effective utilization and maximizing Google sites as a tool in delivering instruction that is highly effective to students' engagement and dedication that will further enrich knowledge and skills and simultaneously rapidly evolve using technology.

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CONFLICT OF INTEREST

The researcher confirms that this study is sufficiently confidential to the respondents' information and there is no conflict of interest involved.

AUTHOR'S CONTRIBUTION

Carla Jobelle formulated the entire part of the paper and delivered a beautiful and useful paper for Physical Education.

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