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To keep abreast of these fast-changing times, our books, teaching guides, and other instructional materials must also be attuned to the thrusts and innovations; the innovations that produce quality products. It is in this spirit that this book entitled "Teaching Physical Education in the Philippines Schools" has been revised. It is hoped that the contents of this book will be of much help to elementary and secondary school teachers who believe in human potentials.



Alonzo L. Mortejo holds a Doctor of Philosophy degree in Educational Leadership and Management program, with a major in Physical Education. He has published various researches on physical education and sports in different refereed journals. He has also presented papers at International conferences in Physical Education, Fitness, and Sports Science.



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# Teaching Physical Education for a Better Life

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