Teachers’ planning and preparation of teaching resources and materials in the implementation of Form 4 Physical Education curriculum for physical fitness strand

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Abstract
This study was conducted to identify the level of teachers’ preparation of teaching resources and materials in the implementation of Form 4 Physical Education for physical fitness strand. As a descriptive study, the location was selected in the district of Gombak, Selangor. Respondents who were involved in this study consisted of 59 teachers with Physical Education option and are teaching Form 4 students. The instrument employed to collect data was in the form of structured checklist and interviews. The findings of this study showed that the preparation level of Physical Education teachers towards the teaching resources and materials such as newspaper articles, magazines, articles, journals, Physical Education Sports Science reference books and materials from the Physical Education panel files were moderate. Apart from that, the studied Physical Education teachers have also made preparation by utilizing diagrams and charts adapted from the Form 4 Physical Education textbook. The overall mean for the teaching resources and materials is 3.70 with a standard deviation of .81. The findings also showed that the preparation level of Physical Education teachers towards teaching resources and materials was at high level. The teaching resources and materials must be prepared properly so that Physical Education teachers can use them effectively during the teaching and learning process.

Keywords: Teachers’ planning, teaching resources and material, physical education.

INTRODUCTION
Teaching resources and materials are some of the factors that can assist in the implementation of effective teaching and learning. Hence, according to Oliva (11), teaching resources and materials are vital components that needs to be included in lesson plans. Teaching materials can be employed to teachers in schools. A research conducted by Rosly et al. (13) revealed that 36.3% of trainee teachers frequently use textbooks during teaching and learning sessions. Although the percentage of use did not achieve 50% or more, but it proved that the use of textbooks as teaching resource and material still relevant among teachers in schools.