

Physical Education Teaching Philosophy

As a physical education teacher it is important to make your class exciting and to have a great deal of enthusiasm when teaching your students. It is important to be excited about what you are teaching because this excitement will project through to your students and affect their state of mind while in your classroom. The best teaching occurs in a welcoming environment that accommodates a variety of learning styles and encourages students to present their opinions while respecting the opinions of others. If students feel safe and comfortable in their environment, they are more apt to engage in learning.

The purpose of physical education is to give students the opportunity to learn the importance of physical fitness, regular vigorous activity and to learn and appreciate movement as an active and joyful experience. A physical education program should provide a balance which integrates physical skills, social development, fitness and enjoyment that encourage active healthy lifestyles.

The approach used in my physical education classes to ensure that students receive optimal physical education experiences is the fitness education model which includes health and motor related fitness components, diet, nutrition and lifestyle management. Aspects of other models are also used such as the conceptually based education model and the personally meaningful education model. It is important for students to have choices in their learning experiences and also to learn about teamwork, strategies and how to be good communicators. Assessments such as authentic assessment such as keeping

portfolios, rubrics, performance assessments and observation of students in class will be used to assure that students are learning and progressing.

To obtain maximum student learning, a variety of approaches will be used when teaching. Using a variety of strategies such as the command style where instruction is provided to students and the pace and direction of the class are guided by me. Guided discovery, when developing a new skill students will be given choices to allow them to try different ways of accomplishing a task and help them learn why some solutions work better than others. Cooperative learning where the students will work together in tasks to accomplish a common goal. Task style of teaching which will involve arranging and presenting learning tasks at several stations and students will rotate through these stations. . Utilizing all of these teaching strategies enables me to reach all of the students and their different learning styles, to interact with the students on a whole and individually and to engage students in learning. My students will be challenged to think critically and reflect on what they are being taught and how it relates to their lives.