

Health and Physical Education Teaching Philosophy

Learning is the search for wisdom that will provide a framework for understanding, communicating, and achievement. The role of an educator is to set expectations, emphasize responsibility, teach, and ensure success by providing constant support.

Health and physical education teachers are responsible for ensuring students achieve lifelong fitness skills, healthy behaviors, and gain respect for themselves and others through good sportsmanship and teamwork. Health and physical education is important because it will provide students with the necessary skills to make positive lifelong wellness decisions that will promote healthy living.

The health and physical education content will include lifelong fitness, adventure activities, movement, wellness and integrated skills. The skills will relate to educational standards, and connect lifelong learning and healthy decision-making.

Creating an authoritative learning environment will ensure discipline knowledge through organization, maximum activity, inclusion, and skill focus. Health and physical education classes will be able to express individual skill levels while team building through positive student and teacher interactions. Learning will be assessed through reciprocal and self-check assessments. Success will be measured based upon the quality of effort and the amount improvement determined by pre and post-testing.

Health and physical education will now emphasize the whole students' success. Activities are designed to challenge all skill levels while ensuring a high level of participation. The goal of health and physical education is to pass on adequate knowledge and skills to ensure that students will demonstrate and recognize motor skills, fitness goals, exhibit responsibility and practice good social behavior.