

Physical Education Teaching Philosophy

Teaching is the ability to be aware of and utilize the possible connection with the learner – in all domains. I believe that to be an effective teacher, one must create a safe environment that is inviting, interactive, and promotes learning. Teachers must be reflective in their teaching in that they must be mindful of their planning, implementation and assessment of the learning experiences that they provide students and that their reflections will be used in the improvement of their teaching.

Physical Education is that integral part of the curriculum that, through human movement, concentrates on the development of individuals' maximum physical potential and their related social, emotional, and intellectual growth. The purpose in teaching physical education is to provide students the skills and knowledge that will allow them to lead a healthy active lifestyle. Physical Education is to help students learn to move, move to learn, and learn about movement as a life long journey.

In my physical education classes, students will demonstrate competency in a diverse set of movement forms including dance, gymnastics, individual sports, dual sports, team sports, aquatics, adventure activities, fitness activities, and non-traditional movement activities. All students will be physically educated, having acquired motor skills to perform a variety of physical activities, physical fitness knowledge, and intrinsic motivation to pursue a healthy and active lifestyle in an increasingly changing society.

These areas will be assessed in various ways. The teacher will assess students on how they progress in the skills, students will assess each other with checklists, and students will also be given written tests.

I will use a variety of teaching styles so that every student has an equal opportunity to learn. I will consider each student's abilities and/or limitations so that every person succeeds in my classes. During each class I will be available to all students for extra help. I will walk around to each student to ask if they need help and give him or her positive feedback.