

As a future physical educator, I believe it is my responsibility to stress to my students how vital it is in being physically active and fit for one's entire life. In recent years, the United States has seen such an alarming obesity epidemic as well as an increase in diseases resulting from poor lifestyle choices. It is crucial for students to understand the choices they make when they are young, influence how their health and wellness will be later in life. Through a well developed curriculum, I will persuade students to adopt an enjoyable, physically active lifestyle.

The purpose of physical education is to guide each student in developing attitudes, skills, and knowledge of human movement resulting in lifetime participation of physical activity. In addition, physical education should teach students to understand the benefits of physical activity; engage in healthy practices; and exhibit a strong character with values to guide their choices.

I will teach my students basic movement skills; team, dual, and individual sports; physical fitness; rhythm and dance; and adventure/recreational activities. Through the varied curriculum, students will acquire social development skills with a conceptually based education. More specifically, I want my students to engage in activities pertinent to their present as well as their future lifestyles.

My physical education setting must display instructional and organizational learning; developmentally appropriate content; and constructive physical activities. Students will be given the opportunity to succeed, as well as experience difficulty in completing tasks. The most important idea in learning is to examine how one became triumphant in their task, rather than focusing on achieving the end result. Students will

learn how to work cooperatively with others, convey sportsmanship, and be positive in their abilities.

To ensure optimal learning for all my students, I will teach with respect, understanding, and compassion to the highest standard. I will be readily available to answer questions, re-demonstrate skills, or redefine an explanation. For example, if the instruction does not provide enough clarity to my students' understanding of the material, I will always allow for additional lessons in review and provide personal attention to those students feeling unsure of their abilities. My students will look to me as a role model and key resource to their learning. I will inspire them to be the most physically active, gain valuable experience through their actions, and be motivated to learn new objectives with each class.