

## **Health and Physical Education Teaching Philosophy**

The importance of education is to teach the whole child and to give each student an equal opportunity for success. With an effective and motivating teacher, each student has the ability to grow.

The health and physical education field gives students the opportunity to grow physically, socially, emotionally, and intellectually. The students will learn about the important health related issues in society such as obesity and heart disease and will learn the knowledge and skills needed to maintain a lifelong healthy active lifestyle.

The curriculum will address the NJCCS for health and physical education. Students will study various content areas such as motor skills, individual and team sports, fitness, wellness, drugs, sexuality and relationships.

Students will be engaged and motivated to learn with the material taught serving a diverse student population, meeting individual differences and challenging all skill levels. Students will complete objectives on their own, with partners and in groups. Performance will be assessed by the student, peers and teacher using various tools such as portfolios for fitness progression, performance evaluations and written tests for knowledge and rules.

Successful completion of this course will allow each student to live a healthy and active lifestyle. Students will participate in activities that are age and developmentally appropriate, have the maximum opportunity to participate in class activities with appropriate equipment and an adequate amount of learning time. Ultimately, my goal as a teacher is for the students to gain information they will be able to use outside of my classroom.