

My Philosophy of Physical Education

Travis Stevens

As I, wanting to become a teacher, believe that the student's success is based upon the why's and the how's teachers teach. I believe that besides outside interactive parental influence, that the teacher is the one guiding the students to success, that teachers hold the keys of knowledge that they must pass on for their students to be successful. So as a teacher, I will teach my students skills to be successful beyond graduation by developing social skills, teaching everyday life lessons, the information to pass my course with great understanding and knowledge of my subject field, to make my class as inclusive as it can be, and by my adjustments and adaptations I will make to better the learning environment of these young intellects.

To be able to prepare my students to be successful beyond graduation I must teach them basic skills that will help them in the future. Social skills can help people to be successful in all different fields of work. As I am planning on being a secondary education physical education teacher, it is in my hands to teach kids the importance of living healthy life styles not only when they are in school, but to maintain a healthy life style throughout their life. I want to challenge my students to first, learn their limitations, and to secondly, create their own goals and workouts to push those limitations and better themselves. Allowing students to create their own content will give them hands on experience on problem solving and many more life skills that will make them successful in their future.

Second, I wish to teach my students the importance of daily life skills and what is going on in the world around them. There is so much new information that relates to physical activity

and how the brain and body can develop from the right things we do on a daily basis. I hope to teach my students the basics of healthy physical activity and the basics of healthy recovery options for students. At the high school age many students are putting in extra work within their physical lives that is unnecessary and unhealthy to the human body. By teaching what is healthy and what is not when it comes to physical activity, health, nutrition, and recovery, I hope that my students can make informed decisions about making healthy choices in the future.

Next, teachers must be able to teach the lessons they provide efficiently and properly. Therefore, as a teacher, I will adapt to the multiple types of students in the class. Not every student learns the same way. Some students are visual learners, some students are hands on learners, some students learn from engaging in debate and communication, and some students learn by notes and lecture. I shall give students options and make them feel important by providing different activities that allow the students to come up with drills and or activities that best fit their style of learning. Some students may become very stressed out and cannot assess the full focus of the lesson when they have learned a certain way, students tend to doze off and not pay attention when they are forced to do what they do not like. As you may see from some of my lessons that I incorporate different days where students will learn about certain skills in many different ways from direct observation, hands on experience, and different assessments so they can retain information that they learn in my class. There is a new form of physical education classes called sport ed model. I have been very intrigued to learn about this more but the basics

of it is more of a student-centered physical education class that allows for the class to become more competitive for those who want it to, and it allows for the students to decide how they want to learn about the different sports. I hope to research more about this and possibly integrate this into my teaching philosophy.

I am a firm believer that physical education should be all inclusive for every student. As I have been in many P.E. classes where you will have a line of students waiting on to shoot basketball into one or two hoops? The gym has at least four hoops, why are we not using them all? The point of physical ed is to get the students moving, we should not be having the students stand around and wait. The same goes for elimination games, yes they can be fun, but what happens to students who may not be good at certain games or may lack skills and they always get out early. It's a PE class waisted for those students. I am not saying that I am against elimination game, but maybe when students get out they go and will play another game or do another activity.

“Improvise, adapt, and overcome”, Clint Eastwood said in the movie Heartbreak Ridge. I believe that I can use this quote to become a better teacher. To explain, teachers must be able to improvise, which is to be ready at all cost. I must be ready to teach at all cost, from running late, to having a bad day, to just not feeling it, I have students depending on me to go in and teach a lesson that will not only get them through the day but maybe through life. Second is adapt. If

something doesn't go right, I must adapt to the situation. If the smart board is out, I have a backup plan ready to go so I can complete the task at hand. Being able to adapt gives me more value. Finally, overcome, to overcome is to get over all the diversity in a situation. In all, this is the main goal to become successful with multiple challenges and hurdles. Thus, my adjustments and adaptations will be key in providing my students with the best learning environment possible.

I believe that if I follow all these I can become the greatest teacher I can possibly be. I can inspire and help students to their full potential. From allowing students create and design their own plans and drills to learn a new concept or to learn about healthy decisions for their future lives, my students will understand the basic concepts and standards that are set by the school district that I will teach in. By creating an active environment and allowing these kids to be active and hoping they will enjoy it they can see physical education in a new way to where they see more than just playing basketball and football for a lesson. All in all, I am a firm believer that physical education is more than just fun and games. Physical education is a key role in student's health, not only physically but socially and mentally. The things that I plan on teaching my students in the classroom will hopefully impact decisions that they make well after graduation. In that, I will promise to do my best in being the best teacher and roll model I can be for my students. I hope with my philosophy you can see the potential that I hope to play in future children's lives and the benefits that will come from such.