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Fitness Reflection  
Dr. Duchane  
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With PEP we as future physical educators have the duty to create an atmosphere that is best for our student to develop physically. With these PEP kids I have done some different things to allow for me to help possibly influence their behavior and participation. In general terms I have assisted them by making lesson plans. These lesson plans have been planned so that the students can get optimal learning with some kind of progression each week. In a more of an individualized influence, I have done things to help motivate my kids. First of all, in class I try to constantly keep them motivated by praises for participating correctly during the PEP sessions. Another way to help influence them to be active during the week is issue "gym shorts". Along with these, upon return of their homework I try to motivate them by giving them sports drinks or some kind of healthy food.

Good points,  
Mr. J.

The way my kids reacted to the lesson plans were pretty normal nothing out of the ordinary. But I think that that was because they didn't really know what all was going on behind the scene. But the real influences came with rewards. I saw a greater return of homework (gym shorts). I started bringing things on a regular basis. Alyssa brings hers back nearly every week she has only forgot one. But the big factor was in Isaiah once he brought his back and got rewarded he was excited every week from there out to turn in his paper. Zayne I can't seem to get him motivated to where he is excited about coming and brings his gym shorts back, it might just be his shy personality. I have tried rewards praise and he just comes back empty handed.