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Methods

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Content and Methodology Reflection

Since I was a young child, I have always had a passion for sports. I enjoyed the challenge that sports provided and I always strived to become better than the guy standing next to me. As I have developed and matured, I still find this passion and drive for sports, not for myself, but for our youth. I now have the passion to educate others about the enjoyment of physical education and all of the other aspects physical activity offers. I find it as my duty to help educate children of the benefits of physical activity and allow others to experience the enjoyment of sports and other activities.

Over my four years of college I have had the opportunity to experience several types and qualities of teaching. Through these experiences, I have been taught many new aspects of being a great educator and what it takes to be one. I have learned that teachers must have patience, not only with the children, but with themselves. Along with patience, I have learned that a good teacher must be able to adapt and alter a lesson for whatever situation may occur. Not every single lesson is going to go exactly as planned, therefore we must be able to adapt and still educate the students with the time given. Another key aspect of teaching that I have learned over the years, and possibly one of the most important aspects, is that not every child learns the exact same way, or style. Some children are going to be bodily-kinesthetic learners,

while others may be linguistic. Some students are going to excel in certain activities, while others cannot really grasp the idea. Reaching out to every child is not simple, but is obtainable through various teaching methods and strategies, thus I have learned so far.

At the beginning of my college years, before I had any experience in teaching, I thought teaching was going to be simple and I did not really give justice to the profession. However, four years later I realize that teaching is far from simple, and my views on teaching have changed immensely. As I became more knowledgeable on the profession and the development of a child, I realized that being an educator makes a huge impact on a child's future. Knowing this, it became evident that I had a real passion for teaching. I could be the "one teacher" that said the "one word" that changed a student's life forever. To me, there is no greater responsibility and duty to become the best educator I can possibly be.

As I mentioned before, not every child learns the same way or style. Knowing this, teachers must find ways to reach every individual within the classroom. If one child is an intrapersonal type of learner, while another is an interpersonal type of learner, the teacher must find a way to have individual activities along with group activities, so both children's styles are being met. Teachers have to develop ways to find out how each child learns best so he/she can educate his/her students to their highest potential.

Children today need to be physically educated for a variety of reasons. The first, and most important aspect of physical education that each child should take from class is the importance of physical activity. Each child should understand the benefits of developing muscular strength, or cardiorespiratory endurance. Obesity rates continue to sky rocket each year and it is my duty to make an impact on that increasing number, and education is the first

step. Children should be able to enjoy physical activity by being introduced to a wide variety of sports and activities that they can perform for leisure time. All children are different, therefore they are going to be attracted to different sports and activities. With a wide variety of sports and activities, one child might find the activity that he/she really enjoys and wishes to continuously play, keeping them physically active. While performing these sports and activities, they will be able to develop proper etiquette and social skills within the sports. They will be able to converse with one another, cognitively think about strategies to implement, and become leaders of their class. Lastly, it is important for children to challenge themselves each and every day. I want to teach children to set goals and find ways to reach them, and then set more goals to strive towards. Challenge can become a passion and can lead to pursuing individuals, which will not only help them in physical education, but every other aspect of life.

This next generation of students must be taught differently than the way that I was physically educated. These children need to be taught to enjoy physical activity and to want to be physically active and fit. Every child can find an enjoyment in some sort of physical activity, whether it is basketball or orienteering, there is an activity for every student. These children should be taught the facts about the benefits of physical activity and the importance of being physically fit. They need to be taught the facts about the chronic illnesses and diseases that come with being obese and overweight. Lastly, this generation needs to be taught with passion from their educators. There is not room for the teachers that are educators just to have a job. Children deserve the right to be properly educated from professionals that want to help others and want to make a positive impact on a child's life.

As I finish my education up and move closer to becoming a true professional, I become very ecstatic. I realize that it is my turn to pass on the greatness of education and passion of physical education. I now have my own new goals set to educate every child that walks into my gym. Over the years I have gained many great qualities of teaching, and it is now my opportunity to implement and instill them within every child that I am encountered with.