

### Content & Methodology

This experience has taught me a lot about myself as a beginning teacher. I have recognized the importance and utilization of preparation. I have found for me, that knowing what I am teaching ahead of time and how to present that lessons information to my class is something that must happen. Another critical component I have gained knowledge on is different ways to reach my students. From teaching command style for a substantial amount of my lesson, I am beginning to broaden my range of teaching strategies and styles to reach those students who learn in various ways. However, the most important thing that I have learned is to have confidence in myself as a teacher. Sometimes I am thrown into things that are outside of my comfort zone, and I am slowing learning to tackle these opportunities with reckless abandon. As I begin my teaching career, I look forward to gaining a wide range of new knowledgeable aspects in this career.

My views of teaching have changed somewhat since the day I agreed to major in Health and Physical Education. Having a strong connection with young children, I always viewed teaching as a way to motivate and impacts students' lives. Still to this day, I believe this whole heartedly. However, I am much more passionate about my teachings and the ways it may influence my students. Having hands on experience and seeing the way you, as a teacher or coach, plays such an important role in a students

life has impacted this view greatly. My knowledge of my content area has expanded triple of what it used to be, but my tool box of teaching strategies has increased even more. Every time I have observed or taught, I have come away with something new that I learned from that lesson. It may be something as simple as never singling one student out or as large as never doing a specific activity again. With real life teaching experiences, my knowledge has enlarged a substantial amount. My attitude towards teaching goes hand in hand with my views on the topic. It is a way that we can affect and impact future generations to be the best they can be and to live a healthy full life. When I look back on my schooling days, I recall teachers who helped push and mold me into a better person. I want to be that teacher when my students look back ten years from now.

Theory plays a very important role in the classroom. Bloom's taxonomy and Gardner's multiple intelligences are two theories that I have developed over the years. In teaching, there are three domains that need to be covered and assessed thoroughly. These involve the cognitive, psychomotor, and affective domains. Bloom's taxonomy is a structure that touches base on all three domains to make sure the students are being instructed and taught lessons in each. Gardner's multiple intelligences signify seven distinct intelligences that occur in students. It is a broad spectrum of different ways students learn. This theory puts an emphasis on the fact that teachers need to use a variety of teaching strategies and tools to reach all their students since no one student learns the same. Both of these theories have played a huge role in my teaching career to show me and keep me aware of the different aspects of how students learn.

Practicing and gaining hands on experience with these theories is the only way to realize and incorporate them into your classroom and daily lessons. Stressing practice teaching can not be done enough. It allows the beginning teacher to become aware of them as the leader and gives them opportunities to create their philosophies. Theories and practice should be considered in much depth when preparing a curriculum or lesson.

The most important thing that we can teach children and youth today is the importance of physical activity in ones life. The world is seeing more and more children and adults reaching obesity levels, and witnessing physical education classes being taken out of the curriculum. Overall, an individuals health and fitness can and will determine many things in that persons life. So why do people find the need to make it an elective or eliminate it completely? Another essential aspect is teaching and motivating our students to appreciate and enjoy physical activities. Whether it means them feeling good about themselves after a work out or learning a new life long activity that they enjoy. Creating a good view of physical activity, instead of a negative one, is critical. Last but not least, teaching students life skills is very important. Cooperating with others, team work, communication, hard work, and many other aspects are skills that can be developed tremendously throughout a health or physical education course. Teaching the importance of physical activity, enjoyment of it, and life skills are all things that will be found in my classroom.

The next generation should be taught somewhat similarly to how they are being taught now. However, more of an emphasis should be placed on the enjoyment and

appreciation of physical activity. I think assessment is a necessity in every teacher's classroom. Comparing students to national averages or norms or putting them into a category based off their achievement is something that should be somewhat eliminated. It is important to assess and compare to create statistics. However, because we are so concerned with comparing and creating stats, some of our students' emotions are being traumatized. Placing an emphasis on doing your best and learning to enjoy physical activity should be a priority over comparing each student to others. Overall, the next generations teaching methods should remain the same with less emphasis on norms and more on creating positive attitudes toward being physically active.