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Teaching Reflection #1

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1. My general feelings overall were that the lesson was successful and my students did learned from my teaching. I think this because the students had fun, and at the end of the lesson they answered every question correctly. I also felt that my lesson was successful because I did not have to stop the class to discipline any one because they all listened very well. I know that my students had fun because they told me, but other than that you could tell because they were always laughing or smiling. It is very important in physical education (or any subject for that matter) that students have fun because it makes them want to come back.

2. I did not use much equipment, but I did use some. I ended up not getting one of my activities in that required the most equipment so that never got set up or taken down so that was easy clean up! During my first activity there was no equipment. During my second activity, I used pennies so we could distinguish who the taggers were. However, I did come in early to ask Ricky to get me pennies because I didn't write down I needed them but later on I thought it would benefit me. When I went upstairs though, the pennies stayed downstairs because I forgot them. Brady was kind enough to run down and get them for me. I won't forget them again! So for the meantime, I gave the taggers tennis balls until the pennies got there. I instructed the students they could not throw, toss, or roll the tennis ball because I know with an object in their hands they are apt to do those things. Then when the activity was over I had the students with the pennies hand them to me. They used tennis balls in the last activity and at the end I had them hand the balls to me as well since there was only four of them. If it had been more than four balls, I would have instructed them to put the balls in the tub.

3. I think my explanation and demonstration were rather effective. Every time I explained a new activity I brought them back to home base (designated place in the room where they know to go when we yell it out and sit down). I did this so their attention would be on me and nothing else. It worked great. I got down on the kids level which got there attention even more. I only had to explain the activities once and they got it. I was afraid I may have to explain it a few times but

the first time they understood perfectly. During explanation and demonstration, I make sure to ask the students questions to make sure they really understand. For example: We were playing body part freeze tag and the body part was the arm. I asked, if I was the tagger and I tagged Madison on the back would she be frozen. They immediately answered correctly. I asked multiple questions. Also, with demonstration I always ask one of the students to demonstrate too so that I know I'm explaining it correctly.

4. I felt like my movement patterns were alright but could be better. I tried moving around the room as much as possible, but with the students running all around I sometimes got in the way. However, I think I did a good job at not standing in one place. I was constantly moving, even if I sometimes got in the way. I tried to interact with all the kids too. A big thing I always work on is never turning my back to the class. I think I was effective at this today. My classroom management went very well. I really like how Brady introduced the "freeze theory." Whenever the teacher says freeze, the students put their hands on their knees and look at the teacher. This works great! Every time I wanted my students attention, I got it. I will defiantly keep using this when I have my own classroom someday.

5. For the most part, I think my feedback to the class was good. From looking at the chart my peer evaluator filled out, I had a lot of positive feedback to my students. And no general negative feedback. I'm sure there were times I could have used general negative feedback, but walking is something that comes natural to the students so most of them did it very efficiently. There were a few kids that tended to cross their arms or not swing them at all. It was only a few and it was the same students every time. After using specific negative feedback, the students were doing a much better job at swinging their arms by the end of class. I really try hard at pointing out specific positive things that students do because I know how encouraging it is when a teacher says one good thing about you. So I want my students to feel that way too.

6. Yes, there was one safety concern. With the students running around and away from each other the concern was students running into one another. I keep reinforcing the students to keep their heads up and to keep their personal space. Still some students ran right into each other. I know it is bound to happen with a lot of activities, and with it being such a smaller area the

student's were more apt to run into one another. The TV in the room would be a safety issue, but we cover it up with a mat so that students do not interact with it and that it is padded just in cases someone accidentally falls into it. For the most part, my activities were rather safe.

7. I know that learning took place because at the end of class, I asked the students to give me examples of incorrect walking. I did not even have to help them, and they knew exactly what they were (not swinging arms, looking down at the ground, swinging arms above head, on the toes). It was cool to see the students remember and know specific things you taught. I also observed some of my students at the beginning not swinging their arms, and I kept giving them feedback. By the end those students were doing a much better job at swinging their arms and improving in other areas too. On my assessment, I wrote down the students who were not doing the skill correctly. By the end, most of them were so that made me feel a sense of accomplishment.

8. If I could re-teach this lesson I would remember my pennies! I would also try to find a larger space to play the games. I thought we were too cramped in the room. Outside would have been a much better option so I should have planned it that way and if the weather wasn't nice enough, we could have just gone in that room. I wouldn't change the activity I did. I thought the students really enjoyed it. And even though they probably didn't notice it because they enjoyed the activity, they were getting a great work out from it. They also had to remember certain body parts so it benefitted them cognitively as well. I thought overall, my lesson went well with a few minor mistakes.