**Philosophy of Physical Education**

Throughout my life I have overcome countless obstacles where, at the time, it seemed impossible to make it through. At one point, past experiences from my childhood took hold of me, and it felt like I would never hold my head high. It took me years to gain confidence and courage within myself. I look back and remember all the special people who have influenced me and constantly reminded myself that my cup is half full rather than half empty. They encouraged me and taught me lifelong lessons that I still keep close to my heart today. Although not all of those people were teachers, many of them were. Teaching is important to me because I know I will have the power to influence the lives of others, just as my teachers did for me. Education is important, but I truly feel that teaching goes far beyond just the content. Helen Keller once said that “optimism is the faith that leads to achievement; nothing can be done without hope and confidence." My teaching philosophy is based on the foundation of students deserving a safe place to come and learn content that is intended to enhance confidence, knowledge, and personal wellness. This philosophy will guide my decisions while teaching because I believe each child is worth the efforts to help them become the best person they can be. This idea is essential and will help me when deciding how to get through to each of my students.

I chose to become an expert in physical education rather than other subjects because I feel that a life filled with physical activity improves quality of life. Important values of physical education can be simply put as the health and enjoyment of a person’s life. My aspiration as a teacher is to provide students with a multitude of options to enjoy fitness. Some goals for my students are for them to learn how to live a healthy lifestyle and develop self-confidence not just during physical activity, but in life in general. While classroom teaching can show results and improvements on paper, through physical activity the students will be able to tangibly feel their improvement and development. John F. Kennedy stated that “physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.” Student success in learning during physical education is dependent on the students having a positive attitude, but my attitude as a teacher also matters. In my gym I will create an environment where students feel comfortable and willing to try new things. I plan to become a teacher who inspires and creates a program fit for all students. I will prepare my students for life, not just graduation. We will learn and discover together, and I will be someone they can trust and confide in. I hope to provide structure and strong management in order to maintain a high level of organization. By giving the students opportunities and different activities to learn, my goal is for them to find enjoyment in something physical that they can continue for life.

My philosophy is based around improving the student as a whole, rather than in just one subject or aspect. Learning the skills taught in physical education is important and will be stressed, however the most important part of my class will be finding enjoyment in being physical. The students will know how to create their own personal fitness plans and understand the importance of being active and healthy. I really enjoy using guided discovery, self-check, and inclusion as teaching methods. These methods contribute to my goals for students because they encourage student involvement. I believe that when children are held accountable, motivation is increased. In a physical education setting the students have more room for imagination, practice, and hands on experiences. These specific methods are appropriate for use in physical education because they force the students to use cognitive methods in order to succeed. Connecting cognitive learning with psychomotor learning challenges the students creating a stronger balance. These methods also involve working with classmates and being able to choose activities/equipment for their own personal desire, which incorporates the affective domain. When assessing my students, I will focus on the affective domain. Although it may take more time, my plan is for each student to have a journal and report weekly. The journal does not have to be about the lesson; however it may be if the student chooses. Each week will have a different theme (such as teamwork) and they must write one way they demonstrated the specific theme at any point during the week. They will not be graded on the content of the journal, but will be graded on participating in thorough journal writings. The journal writings will be a place for the students to release any information they want to. I will encourage them to talk about life and their goals. This assessment on the affective domain matches my goals for the students, because I will be able to get to know the students on a deeper level and can write my thoughts in the journal for the students to read. Each unit the students will also be assessed on specific skills on the first day and last day. The pre assessment will help guide me in planning proper lessons for each individual class while the post assessment will provide me the results of student learning. In order to know if my psychomotor goals for the students are being met I will use these assessments and keep track of progress. Assessments will help me in becoming a better teacher and provide individualized lesson plans. Cognitively the students will perform checks for understanding daily and also written tests periodically throughout the year.

Identities, backgrounds, experiences, and levels of privilege affect the classroom in many ways. Each student may feel differently about a certain activity and this needs to be considered when choosing what to teach. I will teach in ways that affect all different learning styles. Not every lesson will be held the same way. I understand that all students learn differently, and I will choose many different strategies of lessons to reach out to all students. As a new teacher, I will want student feedback. Learning more about my students will help me integrate diverse perspectives into my teaching.

My philosophy of teaching physical education is based completely around the student. I believe the most important lesson a young adult can learn is how to be confident and independent. They should leave high school feeling secure, prepared, and educated not only in the subjects taught, but in life as well. Specifically in physical education my students will hold their heads high knowing they are all unique and important. They will have progressed in many skills and be knowledgeable in how to create a healthy lifestyle for themselves. The importance of physical activity will be clear, and the students will know more about their values and life goals.