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Philosophy

The teaching of health and human performance in the classroom is exceedingly important to ensure better lives for students. Skills taught during the class are not to be remembered for an exam, but to be remembered throughout life. Because of this, classes should be taught in a way that allows students to ask questions and encourage group discussions. The topics chosen to teach should be ones that are presently relatable to students. This will peak their interest and keep them engaged in the lessons. Visual aids are an excellent way to keep students engaged. Using visual aids to show how the body and other things can be utilized or damaged can give a lasting impact on students. Another way to intrigue students is by encouraging students to more discovery on their own using books, the internet, and other appropriate adult figures. This can be done through research presentations, papers, or group work.

The content of physical education should be presented through a variety of ways. Most students believe that in order to be physically fit, one can only do the basics of running or lifting weights. This simply isn't true. There are a variety of cardio and weight lifting activities that can be done in a more game like manor. However, it is still important to expose children to the basic, standard forms of exercise. The majority of the physical education lessons should be taught through games. Through games, children will be more enticed to stay engaged through an entire class period. While physical education skills are being taught, teachers should show children why these are important to know and how they can use them in their everyday life. Games should also be able to be played by all students, no matter their physical condition. All students should be praised for their physical abilities so that they continue to work out and lead healthy lives.