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EDUC 315

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Homeschool gym reflections

On the first day I was with the primary age which was about 3 to 5 years of age. We did have a few younger ones that might not have been 3 yet. For the first day we just had a few games planned for the children because we were not sure how many would be there and what the situation would be like. First we played with the parachute. We placed some balls on the top so we had to work together so the balls would not fall off. After that we had children take turns running through the parachute when it was lifted up. Next we played red light green light, ships across the ocean, and sharky sharky what time is it. The students enjoyed these games and most of them were familiar to them. To end we took out the bean bags and had the students through them into hoops from different distances. One thing I would make sure to do differently is to have many different games planned for when one starts to get old or possibly not even work for the age. I would also come prepared with games that would work for a small amount of children and then a few that would work with more children.

On the second day my group was with the intermediate group which was about 6 to 8 years of age. We had planned to work on legs by practicing kicking and stopping soccer balls. We also did relay races with the scooters. My group had more of a plan this day with back up plans for if something did not work. We were not able to play a certain game because there were not enough soccer balls for each child. This made it a little difficult because that was one of the main games we wanted to play but since we had a backup plan it ended up working out just fine. Overall my reaction to this age was not what I expected because some of the students did not listen in the way I thought they would. This was difficult to work with because I felt the student was not listening to the rules and did whatever they wanted. After a while we just let that child do what he wanted because it was not fair to the other children for us to just focus on controlling that one child.

On the third day my group was with the advanced group which was about 9 to 12 years of age. We had planned on working on skills that had to do with football. We started with foot work by having the students use the ladders which are printed on the floor. The students did different movements through the ladders and this was a good warmup before getting the footballs out. We then had the students start by practicing throwing and catching the footballs. When planning football we did not consider in that we could possibly have students with eye issues where they cannot see different objects when they are flying at their face. This caused an issue with football because if you are playing catch the ball would be flying at your face. After playing catch we split the students up into two teams. We then told them the rules of ultimate football. When watching the students play we could see that the two students with eye issues where having a difficult time playing and were timid. This would be something to think about next time we plan a football activity or any activity in gym because you have to think about all the issues you could face.

On the fourth day we had planned an Olympic themed event. Each age group was broken up into two different teams so there was a total of six teams. Each team competed against the other team within their age. There were six different events that each team went through and they were modified to the age that was going at that time. If their team won in that event they would get 10 points and the other team would get 5 points. The games all worked out perfectly and the children had a great time and were moving all the time which was great. One thing we did not consider was if there was a tie which did end up happening with two of the ages. As a group we then had to decide something on the spot. We decided to just have a short running race and whichever team won ended up getting first place in their age group. I would do this event again in the future with most of the same games because they worked out so well. I would however change the scoring so you are not as likely to end up with tied teams.