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### Gym/Health Philosophy

When teaching gym class I believe it is best for the students to move as most as possible and to limit the time of talking. The talking in the class would be giving instructions or if the students are not moving they will talk to friends. For the instructions the teacher should keep them clear and short. Get the point across the students understand what to do but do not ramble on about useless information. Gym is the time for students to get out of the classroom and their desks to move around and explore new ways to use their body. This can include learning new skills and games. You want the students to participate so the teacher should pick activities that would interest the students that are in the class and that would be best for their ability. If a task is too hard the students will get frustrated and not want to try. The teacher should encourage students to keep trying even if the task is hard or if the student is not succeeding right away.

For teaching health I believe it is best to teach students about how their body works. You should also talk about risks and how to be a strong person or be firm in what you believe. Young students have a lot of peer pressure so they need to know to be strong within themselves and know how to say no. Another topic to talk about is health risks and how students should be aware of how to help themselves.

A main topic to discuss within both gym and health is keeping your body healthy. Students can do that by staying active and eating correctly. Some student's parents will be on this and help their children with this. Other families will not care so I feel that the teacher should help the student in this area so that they can be set up for a successful future.