

Philosophy Paper

Name

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Physical Education seems to be a narrowing field. School boards, school districts, and school administrators are always willing to cut the physical education program before any other program at a school. There has to be a reason to keep physical education in our schools today. I believe at the core of all of this is the philosophy of physical education. There are so many physical educators out in the field that are not doing enough to help students become more physically active, and they are not physically active themselves. It is just a job to them and nothing more. If more physical educators had a better philosophy of how they want to teach, physical education could be a much stronger field. It is important to me to have a strong core of what I believe about physical education and how I should teach it. I believe that it is important for each and every student to have at least one thing that they are interested in that they can do for the rest of their lives. Therefore, I want to have a variety of activities incorporated in my curriculum. I also want students to develop each and every year they are my students. They should be developing their skills and enhancing their knowledge of different skills and activities. My philosophy of teaching physical education includes the content knowledge I want to teach, how I want to handle discipline within the classroom, how I want to assess students in my classroom, how students' attitudes should be when they come to my class, and how they should dress and participate on a daily basis.

I want to be able to allow my students to be introduced to many different activities. Like I said earlier, I want every student to find at least one thing that they love to do on a regular basis. The only way they will be able to do that is if they are introduced to new activities, games, and ideas. I want to be able to teach games that develop sport-specific skills. By teaching games that develop sport-specific skills, the

students will continue to develop as players. If they develop as players, they will become better and better, and I believe that they will be more interested in playing that particular game for a longer period of time. I also want to teach team sports with the students so that they will understand how to work as a team. I want each and every one of my students to become good teammates for future teams that they are on. Whether a student ends up playing a team sport or whether they end up working for a business, everyone needs to know how to be a better team player. I want everything that I teach to give students an opportunity to do that activity for a long period of time. Everything should be pointed at lifetime physical activity. Along with teaching a variety of different games and teaching specific skills and teaching team sports, I also want the content that I teach to match up with the national standards for physical education. I want to be able to teach students basic motor skills in my classroom as well as movement patterns that students need to perform a variety of physical activities. I also want my students to understand movement concepts as well as different tactics and strategies of all different kinds of games. As I have said earlier, I want to make sure that my students participate in daily physical activity of some sort. I also want to make sure that my students understand what it means to have a healthy lifestyle. I want my students to take responsibility for their actions and exhibit good social behavior both in my class and outside of my class. I want my students to really appreciate and value physical education, and I want them to enjoy physical activity of some sort. These are the things that I want to instill in my students on a daily basis, and it is part of my philosophy on teaching physical education.

Another part of my philosophy of physical education is how I believe discipline should be incorporated into my classroom. I believe that discipline is a very important

part of physical education. If I do not have control of my classroom, the students will not be able to learn anything. If students cannot come into a classroom that is very well managed, then I am not creating a safe environment for them to learn. I believe that every child should feel safe in a physical education classroom. I believe in preventive discipline before having to discipline after a student does something wrong. I want to discipline students after they do something wrong as a last resort. I believe that each student has worth, that the teacher needs to model mature and appropriate ways to solve difficult situations, that the teacher should provide a supportive, well-organized environment, and that the teacher should help students learn responsibility through classroom discipline and management. I believe that the teacher needs to be alert at all times during the class period. I want the students to be able to solve as many problems as they can by themselves. This will teach them personal responsibility, and they are very good life lessons. I will not talk to the class unless they are all quiet and looking at me because I do not want the students to think that they can do whatever they want to during the class period. They need to understand respect, and I want them to learn that each and every day they are in my class. When students are well-behaved, I want to reward them. There are different ways that a teacher can reward students, and I want to make sure the students know that I am paying attention when they are doing a good job. It is important for there to be respect for both parties. I believe that discipline is extremely important in my physical education classes.

Assessment is another very important part of my physical education philosophy. I need to be able to assess my students in many different ways so that each student will have the best opportunity to show what they have learned. It is important to me that each

student is learning while they are in my class. Some students may not do the best on a written exam, but they will do better on a skills test. Other students are not the most physically gifted, but they will do better when taking a written exam. I want to offer both so that students will have an opportunity to show me what they have learned throughout the unit. I also believe that there are other good ways to assess students such as checklists, rubrics, and student to student assessment. Another way that I want to assess students is by observing them throughout the unit. I also believe that students should be graded on participation in the games that we play. They should be graded on how hard they work and how much they improve during game play. I will observe the students doing this so that they will have more opportunities to learn. I cannot just do everything by remembering what students are doing throughout the unit, but I want to keep a careful record of everything that I assess students on. I believe it is important to be very specific and fair with the students in my class. I want to be very clear with my students on how I am going to assess them while they are in my class. I believe that assessment is very important because without assessment there is no record of if a student is improving or not. One of the most important things in physical education is making sure that the students are learning as they go throughout my class.

I believe it is important for students to have the right attitude when they come to participate in physical education class. I want my students to enjoy coming to class and not have a bad attitude when they come to class. If a student comes to class and was having a rough day, they still need to be able to participate without getting upset with one another. They need to respect each other, and they need to be able to interact with each in a positive way. I want my students to want to be physically active on a daily basis. They

should enjoy coming to class, and if they do not enjoy it, I believe it is my job to change some things around so that they start to enjoy it more often. If a student does not enjoy being physically active, then they will not want to do it anymore. I want my students to have a positive experience so that they will want to remain physically active for the rest of their lives, and I believe that it all comes back to each individual's attitude when they come to physical education class.

I also expect my students to be properly dressed, and for them to come to class ready to participate on a daily basis. I believe physical education cannot be done properly if the students are not dressed properly or are ready to participate and work hard. These can be very small issues, but I believe that they are very important in my physical education class.

Other things that I think are important in regards to my philosophy on physical education are things such as extending physical education beyond the school day, focusing on long-term mastery, how much sport is valued in our culture, and having a multi-activity program. I believe that I cannot accomplish everything that I want to accomplish during the school day. I want to make sure that I am offering students the opportunity to participate in sporting events after school hours. I believe in intramural programs for schools, and this will allow the students to participate in more physical activity. I want to make sure that students all learn the skills that I am teaching, and not just move on to new skills if all the students have not mastered the skill. I know this is not possible for every skill, but I want it to happen as much as possible. I want students to understand how much sport is valued in our society so that they will understand why physical education is so important in our culture. Again, I want to make sure that I offer

a variety of activities for the students to participate in. There is more to my physical education philosophy, but this is the core of what I believe about teaching physical education. These are the ideas that are most important to me as a physical education teacher.

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