Physical Education Philosophy

Physical Education gives students the knowledge and resources to be healthy and fit individuals who participate in regular physical activity both for enjoyment as well as for the health benefits. Physically educated individuals demonstrate competency in motor skills and understand different movement concepts and strategies. They also value and participate regularly in physical activity for pleasure and wellness, demonstrate responsible personal and social behaviors, and use the resources in their community for physical activity. I hope to make each one of my students a physically educated individual who values fitness and physical activity for their lifetime.

My greatest hope as a future physical educator is to make an impact on the lives of my students. I believe it is my own personal responsibility to educate my future students on why physical activity is so important and also on the ways to stay physically fit. As obesity rates are on the rise, it is extremely important to realize that going to Physical Education class twice a week for 40 minutes is not enough. Thus I believe it will be my duty as a physical educator to show students' ways in which they can get their 60 minutes of physical activity in each day. I want to show my students that exercising doesn't need to be a tedious and boring thing, but rather make them more enthusiastic about moving. I believe that physical education is not "recess" time or a time for students to run around and burn off all their energy, but rather is a time for learning to take place.

Physical education class is not only a place where psychomotor learning takes place. Physical education teachers should strive to make exercise and movement enjoyable and this is done by creating a positive learning environment. When students learn in an environment that is welcoming, research has been shown that physical activity increases self esteem and also works on social skills. Thus the benefits of physical education class go way beyond the physical benefits for the body but also reach out to create positive mental and social attitudes.

As a physical educator, it will be my job to instill a passion for physical activity in the minds of my students. I will help my students discover who they are as individuals and will help them find success in becoming active and fit individuals.