

NEWS LETTER

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The importance of our body and mind are vital to living a healthy life. Becoming physically literate is just as important as becoming literate in the world. If we as people know what our body is capable of we can become aware of the social, mental, and physical benefits. Thus, Physical Education allows individuals opportunity to learn all the motor skills they need for everyday living. Be it with walking, throwing, or dancing our bodies are tied to our every move and if we as educators can improve these skills students will live a more functional life. Physical Education is also found away from the traditional confinements of school with everyday recreational activities. I believe this is where students will acknowledge the importance of being physically fit and if we can facilitate ways to encourage activity it will extend beyond our teaching abilities and improve student's skills, knowledge and attitudes. By doing this, I hope to incite students to live a healthy lifestyle into their adulthood. In all, I believe teaching Physical Education should teach our students to live a healthy life and want them to enjoy activity and having fun.



4 Teaching Styles

PHOTO BY MARTIN E. SMITH

In the realm of physical education there are many approaches to teaching. Each teaching style has its benefits and drawbacks when it comes to instruction.

1) Education Model: One approach I find beneficial is the sports education model as it can shape capable, cultured, and passionate students. What resides with me is the ability to teach the culture of sports, thus if we can have students learn not only how to play the sport but also the norms of it we can shaped well-rounded students. The model would be very fitting within the Olympic context as students could gain better understanding of the antiquity around it.

2) Peer Teaching: I find peer teaching useful as it can create deeper social relationships among students. It would be beneficial for me as a new teacher so I can have amply teacher observation and allow more time for feedback. As well, it will help build communication skills amongst students and foster an environment where cooperation is essential.

3) Personalized System for

Instruction (PSI): This tactic will be very beneficial for when I have students who are new to sports or have been playing them all their life allowing me to grant more feedback to students who need it. As well, allowing students to work independently will give them this sense of autonomy which I think is important within the confinements of secondary education.

4) Teaching Games for

Understanding (TGfU): TGfU will be very useful to allow students to work on niche specific skills. In retrospect, by allowing them to learn skills of certain games like soccer they will learn certain strategies that will be beneficial in a game setting. By placing less stress on the 'game' students will learn how certain skills could be applied and will foster more engaging and passionate participants. In all, each style chosen has many useful tactics to encourage students. I believe by using them correctly I will be able to shape a safe place where students can come to have fun! fun!

"

"Learning to make right choices is the only way they will survive in an increasingly frightening world." -Louis Lowry

Assessment Overview

<p>B10–8: select and perform appropriate physical activities for personal stress management and relaxation.</p>	<p>Formative: Give students a piece of paper that writes ‘what helps you relax?’ After each student will hand in their paper I will use them to formulate groups based on commonalities. This will also give me a better insight into student’s life away from school and how they enjoy their free-time.</p>	<p>Summative: In groups of 3–4 students are to describe how relaxation helps their body and mind. They are to come up with a description of what it does to the brain, what part of are brain is worked and stressed at school and how can we create a sense of relaxation within it. After students are to come up with how they think their technique can be most beneficial. As a group we will perform each relaxation management, the group will explain how it works and what they do.</p>
<p>C10–2: discuss issues related to positive athletic/active living role models</p>	<p>Formative: Have students choose their favorite role model. After I will take their choices and ask the student ‘how do they promote active living?’</p>	<p>Summative: Analyze whether or not their role model promotes healthy body image and active lifestyles. What do they do that you may do as well, are they photographed hiking, running ect... What does that say about their lifestyle? How might our lives vary from their and ability to access the same resources. After create a poster of what the role model does to stay active, we will have a gallery walk around the gym.</p>

Classroom Management Plan

Expectations

- Students must be dressed in uniform shirt and shorts with appropriate running shoes.
- Students are expected to participate during the entire class period.
- Students will be ready to go; everyone will take part in a dynamic stretch.
- Maintain a safe environment for everyone.
- Use appropriate language.
- Students are expected to responsibly listen and follow directions.



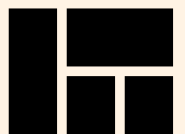
School Rules

- Respect for coaches, classmates, and self.
- When you hear the whistle please STOP.
- Students will be introduced to new games and skills, bullying and humiliation will NOT be tolerated.
- Absences must be excused.
- Do not misuse the equipment.
- Respect others voices.
- ONLY water is allowed in the gym unless otherwise permitted.
- Accommodations will be made when apparent, please to talk to me if you need anything.



Positive reinforcements

- Praise students for meeting expectations.
- Good sportsmanship.
- Cooperation with peers.
- Performing the action properly.
- Compliment good behavior.
- Open to student input, choice of activities and rules.



Consequences

- If caught swearing students are to give 10 positive comments to peers. If persists student will be asked to write a scholarly essay with minimum of 10 sources on the importance of positive language in sports.
- If student refuses to participate they will have the choice to:
 - 1) Run the beep test.
 - 2) Clean and refurbish the equipment.
 - 3) Write an essay on how to improve participation in physical activity.
- Failure to participate will result in a **ZERO** for the day.
- Repeat offenders will have a scheduled meeting with administrators to conduct student's longevity in the class.



Rewards

- Choose an activity day, consult with me before.
- Unstructured day, go and have fun just keep active!
- Sports movie day.





Dance Unit

Dance should not be Waltz nor the Tango but a time where kids can express themselves. It is about having fun. If I as a teacher can escape the traditional confinements of the dance I grew up doing I believe students will come to enjoy the art of dance itself. More so, I will approach this unit by getting kids go out of their comfort zone. By having students cooperate with each other and collaborating their ideas they can come up with some unique to them. By encouraging students through my participation I will show them just how fun dance can be. At first we will learn the basics of dance going through rhythm and body movements. In the end, I want students to be able to come up with their own choreographed dances and demonstrate their knowledge. Each team will come up with their dance and we will recreate High School Musical or a movie/play of their choice. I believe this will be most beneficial for students as they must know they will need to be prepared to perform in the play and it is a fun way of in cooperating pop culture into the class.



Nutrition

Nutrition is vital to our physical and mental health, finding good ways to include it can be having food logs, teaching students to read labels, and how important water is for our body.

If we can educate our students about what a healthy body needs to function, we can assimilate different activities into the curriculum. Furthermore, starting conversations about what we are eating as a community can foster more effective body awareness.

Inclusion Statement

To create an inclusive classroom for all students they must feel a sense of purpose in what they are doing. I believe by creating a classroom environment that is open, engaging, and unique every student will find something that they can participate in. It is important that each student(s) feels their voice is heard and that teachers can accommodate for every individual.