

My teaching philosophy is to challenge students physically, mentally, and socially through innovative yet simple activities and lessons in order to empower them with a positive and can-do mindset. I believe every person, to some degree, deep down wants to do his or her best at whatever he or she is challenged with. I aspire to point out from within the students their drive and the good inside each of them. I feel responsible for giving students the basis of the crucial knowledge to healthy living concepts and physical activities. Education is important, and motivation is just as crucial.

The innovative and engaging lessons and activities I bring focus on both individual and team performance within my Health and Physical Education classes. I focus on teaching effective communicating for sharing discussions and performing group activities. The lessons are standards-based and apply everyday living to the health information and physical movements needed for healthy lifestyles. I have also been trained and worked with adapted special-needs students. So, integrating special-needs students with the other students within the gym and classroom setting is something I'm prepared for.

I implement an array of lesson styles including command, guided discovery, inclusion, divergent, and more to meet the different ways students learn. In my PE classes, I make a point of forming teams and rotating students within each team of being the "leader" to empower and challenge each one socially. I desire for my students to set their own tangible goals for skill-based activities in my class, within certain lessons. Following up with questions and asking for feedback from the students after a lesson is absolutely critical in a gym setting. I believe it's important to allow the students' voices to be heard.

I assess students' abilities through clear requirements set by state and national levels via their performance and knowledge of material and skills I teach in class. I always have assessments; whether it's based on how well they're able to perform a physical activity, answer questions, or more. It's second nature for me to be enthusiastic and to expect maximum participation in my classes with activities that keep the students active and "locked-in" by involving the students with the subject. As instructors, I believe we certainly set the tone in our classrooms. Each child in a school system, to some degree, learns under, listens to, and seeks affirmation from the same P.E. teachers for many years. My core is to empower, encourage, challenge, and to give others life tools to use for the rest of their lives. These are all reasons as to why I aspire to be in such a position as an educator.