

REFLECTION PHYSICAL EDUCATION

DIETHERDAVEAPOSTOL REFLECTION: In the field of physical education and health, students learn about the human body, exercise and.

I have a passion for what I do and because of the teachers and coaches that have touch my life in ways I can never pay them back, I want to be able to pay it forward to others. They would make requirements like having to pass it to a girl every three passes or make us have to sub out. It is education through the physical. They would be expected to journal about how they feel during the process and reflect on how these changes affect performance and mood. It has been a debate since our fields beginning. If we choose to teach every student to their strength and use multiple varieties of teaching styles, we set up the students to succeed in their education. This has been a great class and my most useful by far. I have many opportunities with this career. This is one of the most important skills I need. All of these trends have led to how physical education, sports, and fitness is today, as male and females are able to participate in all aspects of sporting events. The last skill I need is people skills. Besides actual learning material and information, this course greatly taught me how to become more motivated and self-driven. Past Experiences in Physical Education, Fitness, and Sports RE Throughout school I had several great physical education teachers that taught me how to work hard and gave me the basic skills to help motivate me. I never saw myself as athletic, and gym class always used to be a dread. I really learned a lot about myself. Another thing, I learn how to work as a team and to be trust in my teammate. That is exactly what our field is. It really limited their grasp and control of the class. The other thing I need is speaking skills. I am going to help again next season and I hope I can increase my experience even more. Once the course started however, I discovered a lot of things about what I actually know, what I can learn, and what I actually can do. These are all necessary changes that I am making when I teach PE. Professional Opportunities I plan to eventually go into coaching. Even though through time females were not allowed to participant in physical education and sports for a long time. I am mixed about my long-term goals. By the late s even more teachers and schools were realized the importance of physical fitness on a students education. Although this is true for several reasons, one of the main reasons is that layering allows me to add breaks to the game in which the class or a group when we have multiple small-sided games on the go can engage in tactical talk. I am completely sure about this. I need more experience to increase my skills and develop the skills I already have. In , Title IX was passed, which allowed females to have equal rights to participate in sports and physical education. This would make competitive students like me very angry. However, they did not force them to actually play so they would be lazy and hurt our team. We need to unite as one and become a field and then we will be able to fully improve our field.