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K-4 Physical Education January 28th 2011

1. As I reflect on this lesson, I observed that my students were actively engaged throughout my lesson. From the beginning of the class during the anticipatory set, to the closure of the lesson, my students were actively engaged. I instructed my students through different exercises, my students took on the challenge of the task at hand. During the teaching input, I observed a few students who were not as advanced in throwing the football as others. My job is to educate those who understand and those who don’t as well. My students trusted me enough to allow me them to positively correct their mistakes. It takes courage to participate in Physical Education. At this level of their educational journey, students are at a state where they need to feel accepted. Some students lack confidence when participating in some exercises, because they don’t want to be embarrassed by students who may be better. My trust was important for my students to confide with me and fully participate in the lesson regardless of error.
2. I felt as if my students learned what I wanted them to learn. My objectives consisted of being able to relate my activity to a way that they can learn and be interested in. Once their attention was grabbed, I didn’t face any issues with them trying to learn or giving a full effort. My instructional goals were met because I saw improvement in some students that were having struggles in the beginning of class. I believe I speak for all educators saying that the greatest joy of teaching is knowing you helped a child improve in an area that they struggled in. When you help a child improve you help them gain confidence in themselves which boost their overall morale.
3. I didn’t have to make any significant change to my lesson, which was a plus. I anticipated my students to positively respond to me because I was sure that I had gained their trust. My students fully engaged which enabled my lesson to flow smoothly. I did my teaching duties of having guided practice and correcting mistakes when needed. As an instructor, you just have to be prepared to make adjustments according to the circumstances.
4. If I had an opportunity to teach this lesson again to this same group of students, the only thing I would change is to allow my students more chances to correct their own mistakes. Yes I am aware that we are supposed to teach and instruct, but you have to allow your students a chance to critically think and correct themselves. If I saw a student struggling, I would give him words of encouragement to make him or her feel comfortable enough to keep trying.