

My teaching philosophy is based on the belief that Health and Physical Education are essential fundamental aspects to help students live a physically active lifestyle, and gain confidence in themselves. Quality Physical education is something that cannot be replicated in the classroom. Physical Education provides students with more than skill development and playing sports. Physical Education provides students with the reinforcement of other subjects, self-discipline, leadership, and cooperation, enhancing self-efficacy, stress reduction, and strengthening peer relationships. The goal of quality Physical Education is to teach the whole student and to put the student in opportunities to grow and become confident. Pairing quality Physical Education with Health Education allows for the students to also develop lifelong healthy habits, the ability to regulate their health, feel more confident in their bodies, and overall- well-being. Every student is going to be unique and different in their own way because no two students are the same. I believe that it is my role as an educator to make sure I help every student to encourage them to feel confident academically, physically, mentally, and socially. Children must be encouraged to invent their own solutions to problems through creative thinking and discovery. It is the responsibility of an educator to challenge students and encourage their exploration of knowledge while providing the tools for them to become confident learners. That is why I am aspiring to be a Health and Physical Education Teacher, as I believe that it gives me the best opportunity to impact lives and try to help my students live a healthy and active lifestyle while also becoming comfortable in their bodies.

Within my teaching philosophy, I strive to provide the students with the opportunity to engage in a learning space that they feel safe and comfortable. A place where the students can engage in discussion, share ideas, and not be afraid to make mistakes. I intend to create this environment by creating curriculums and lessons that fit every student's learning style and needs. My teaching will include a lot of differentiation to keep all students in the Zone of Proximal Development a theory founded by Lev Vygotsky. The Zone of Proximal Development is the space between what a learner can do without assistance and what a learner can do with adult guidance or in collaboration with more capable peers. By keeping Vygotsky's theory in mind at all times will allow me to be conscious to meet the needs of all students and to be student-centered. Multiple teaching strategies will be incorporated into the program to address students' diverse learning styles. Schools are multidimensional learning communities composed of a diverse learning population. A productive, motivational and informative learning environment will be created for students by implementing a curriculum that is developmentally appropriate, skill-related, progressive, challenging, and enjoyable.

My teaching philosophy is geared towards maximizing student engagement and creating student-centered lessons. When students step into my class on the first day of school it is my goal that all students leave my class with at least one way to stay active and to feel more confident in themselves than on the first day of class.