Teaching Philosophy: Adapted Physical Education

Physical Fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.

– John F. Kennedy

As I enter the world of education, I have looked back on my time during my Bachelor’s and Master’s degrees for the traits it takes to become an extraordinary teacher. Teaching was never a goal I had for my future, until I lost my brother with Cerebral Palsy and decided to take a class for Adapted physical education. My brother truly inspired me to work with individuals with disabilities on their physical needs in order to live a successful and happy life. My background is originally in Kinesiology, and now I am combining like bases and merging my knowledge of disability with that of exercise in daily living.

During my master’s I have completed the requirements for an alternative teaching certification program and have tested and passed the exams for physical education (EC-12) and special education (EC-12) for the state of Texas. Once my first full-time teaching job begins, I will have my probationary certification in both fields until the first year of teaching is completed. Although I will be certified in both of these fields, my ambition really is Adapted P.E. because working with students with disabilities and assisting them in their own individualized physical education plan allows me to have the best of both worlds. Eventually, students with disabilities leave school and I want to assist students to be able to still play sports and receive that social interaction that these kids want and deserve. Physical education is not just about fitness for the body, but it is creativity for the mind and interaction for all students, which is what I enjoy most about Adapted physical education. You get to teach the kids with disabilities these things and help them to see how great physical education can be for everyone.

To be an effective teacher, I believe the qualities below are what I can carry into my personal style of teaching:

* **B**e proactive with parents and staff
* **E**nergy, energy, energy in everything you do
* **A**lways be flexible
* **W**e love all of our children
* **E**ducate yourself & your students
* **S**trive to be the best teacher you can (always room for improvement)
* **O**pen students minds to anything
* **M**otivate and encourage students
* **E**xpect so many great things from all of your students (set expectations high)

Having this program in place (BE AWESOME) allows me to help myself be the best educator I can possibly be. Keeping these expectations in mind, I hope to one day be able to do everything I can for students and know that I am striving to be the best teacher I can be.

My primary goal as an adapted physical educator is to create a safe learning environment that allows children with disabilities to explore their options and potentially find their hidden talents. I want to learn from my students as much as they learn from me. These children have so much to offer, but sometimes do not get the opportunity to show it and I want to make sure I allow them time for this. I want children to make mistakes and learn from them, just as I will along the way with teaching. I want children to try new things that they never thought they could accomplish and surprise them with the amount of potential that they have.

Although I strive for high expectations, I know that students will appreciate this when they can walk away feeling proud of themselves for accomplishing something they never thought they were capable of. This is something that I hope to accomplish as an adapted physical educator in the field.