

Physical Education Teaching Philosophy

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Physical Education is whole learning for children and young adults. The importance of a physical education program is teaching youth to care for and value themselves, to improve athletic skill, to cooperate with others and practice teamwork, to develop leadership skills, to improve self-confidence, to find their limits and possibilities, and as a result, to support their studies and success across all curriculum areas. I believe a good physical education curriculum teaches general wellbeing, self-confidence, inquiry and exploration, as well as interpersonal and academic skills.

As a teacher, it is very important to coach students through these processes. A physical education teacher should work as a mentor, as a motivator, and as a leader. Building a relationship with students is one of the most important jobs of any teacher. Knowing and understanding your students will help all children to do well.

In order to help all students learn, it is important to be able to modify your teaching to different learning styles. Especially in physical education, participation is important. In order to engage all students a teacher should use a variety of methods. Also, it is important to use many different kinds of activities in order to teach athletic skills, health awareness, personal safety, teamwork and collaboration, and respect for others.

I work to make learning fun, engaging, and worthwhile. I am energetic, positive, and friendly. I try to have a balance in class between play and classroom management, allowing children to enjoy themselves, to have an outlet for their energy, and to develop social relationships with classmates while practicing safety and self-control.

I enjoy working as a physical education teacher because it provides me with the opportunity to challenge myself as an educator, to grow professionally and personally, and to learn from the children of the world in this great city.