PHYSICAL EDUCATION CURRICULUM FOR TEACHERS AND COACHES

by:
Desiree Enriquez- Catalan
Teacher III, Pablo Roman NHS

It was not be denied that Physical education is one of the very essential subject in our present school curriculum. With a growing obesity trend among children and teens, it has never been more important for health, nutrition, and physical education to be taught in schools. Health practices are where the students depend for their own growth and progress and this must be at the lookout of effective PE teachers. A good experience with PE can stick with a child for life, making them likely to enjoy physical activity and feel confident in their abilities. If negative feelings like lack of confidence, inability and weakness are not experienced by students, discouragement has no place to them when compared to others. The significant role of PE educators in the game field is to guide and to assist children toward a healthy, active lifestyle.

TEACHER RESOURCES

It’s vital that physical education teachers have enough resources at their disposal to bring their “A game” when teaching children. PE class should include much more than just sports and running. Integrating lessons with other knowledge like nutrition, music and other physical activity, students will be guided to see relationships among facts presented, and at the same time for them to formulate conclusions and solutions. By including some of the resources below into their lesson plans, teachers can be sure to have a well-rounded curriculum.
ASSESSMENTS

There are various ways and means or physical education teachers to determine and assess what their students are learning and performing. Performing scripted, time tests is one way for educators to mark the progress of their students. Local school board could be of help in the assessment. A standards in physical education go up, teachers may find their abilities being assessed according to newer, stricter industry guidelines. With the current trends in PE, teachers should always involve their students, and the fact is a great idea for the parents and the community.

Reference:

www.treadmillreviews.net/physical-education-curriculum-for-teachers-and-coaches