395A Practicum Experience

Throughout my practicum experience at State College Area High School, I was not only able to increase my knowledge of the health and physical education profession, but also work with an age group that I have never worked with before. During this ten-week period, I worked with 11th and 12th grade students who were enrolled in physical education selection courses. This program allowed students to choose from a variety of physical activities in which they could participate. These activities included, personal fitness, team sports, individual sports, and adventure sports. The selective program also gave me the opportunity to teach numerous sports and activities to students within a variety of ability levels.

 This was a unique experience for me, as I was able to develop relationships with a number of health and physical education professionals, while developing my personal teaching skills. Through my observations, I saw many visual examples of proper managerial strategies and transitions between activities for larger class sizes. Through discussions with cooperating faculty, I found it important for teachers to communicate with their colleagues in order to improve the effectiveness of each lesson.

 In addition, I was given the opportunity to teach two lessons on my own during this practicum. I was not only able develop my lesson planning skills, but also teach and reflect on the effectiveness of each lesson. Over the course of the practicum, I felt as though I improved with my demonstrating and providing specific-congruent feedback to all students. When teaching lessons for pickleball and fitness, I was able to apply these teaching skills in a real-life setting. Along with this, I used differentiated instruction in order to help all of my students become successful. I feel as though intra-task variation and teaching by invitation are extremely important tools that are often overlooked by high school physical education teachers.

 Overall, this practicum experience allowed me to develop my teaching skills and identify areas in which I can improve my teaching abilities. Through reflecting on the lessons I taught, I was able to make adjustments to my lesson planning and instructional techniques. Along with this, the outstanding faculty at State College Area High School provided me with suggestions and strategies that will lead to my future successes as a physical educator. I hope that all of my future practicum experiences are as beneficial as this one was!