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TE 804
Journal Reflection
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My elementary internship turned out to be a great learning experience for me. I was able to feel as if I was in charge of a physical education program and carry out my decisions and actions like I was in charge. This had its positives and negatives, but overall, led me to learn more about the profession as well as myself. Throughout the semester, I became more comfortable with myself as a physical educator which was a goal of mine throughout the entire internship process.

My elementary placement began with me observing my mentor teacher which allowed me to recognize some management techniques he employed that were successful. I noticed how he interacted with the students as well as his overall attitude with fifth and sixth grade students. I implemented a lot of his strategies into my repertoire of skills that I used and plan to use in the future.

I was able to teach my mentor's floor hockey unit after observing him teach a few lessons. I tried to mimic what he had done but also added my own teaching style. I realized that I could not simply copy another teacher's teaching ability, but that I would always put my own spin on the lesson. Throughout this time, I was able to interact with students and become comfortable with the structure of the class without having the added thoughts of how I would teach the lesson on my own. This helped me plan future lessons to be more certain of how students would react during each class. I felt very comfortable teaching floor hockey and was even able to play with a few classes to make teams more equal.

I began planning my own units after floor hockey. I was able to plan a hoops for

heart basketball unit, two game week units, indoor tennis, and a unit based on fitness testing. The content was not difficult for me to plan, but it was difficult to plan weeks in advance. It was also a challenge to plan and teach for as many as three different lessons in one day. I struggled at first keeping track of which class was being taught which lesson. This became natural after some practice with this type of schedule.

Instructing students at the elementary level is much different than secondary students. My instruction needed to be short and to the point. Whenever I explained an activity in a drawn out fashion, I would lose the students' attention leading to less retention. I would ultimately plan for a script of what I would say in order to make sure I was not too wordy while explaining. This also helped teach the students with special needs throughout my classes. I had to give these students extra attention in order to make sure they understood the requirements of the class, but with this extra help, I feel they were much more involved and enjoyed the class.

My enthusiasm level also needed to be much higher with elementary students. It is amazing how much more interested the students became if I really added enthusiasm to my overall demeanor. Being more enthusiastic also helped form relationships with the students. They seemed to like a teacher who is more engaged and sometimes plain goofy.

I also enjoyed the delight of parent comments. With me implementing a blog in PE, a lot of parents expressed their delight and concern regarding the assignment. This was interesting regarding how I needed to respond to certain parents considering I did not know many of them personally. I did however begin to understand the importance of parent communication, especially at the elementary level.

I feel like I improved tremendously throughout the semester in regards to my management. I thought I did a very good job controlling my classes. I never really had an issue with misbehavior and when it did occur I simply had a sit-down with the student(s) and then communicated with other staff and/or administrators if needed. The biggest issue I witnessed with management was how often a homeroom teacher's style of teaching translated to student behavior in PE. One thing I will need to do in the future is understand the style of teaching that classroom teachers employ.

Overall, I feel that I have become a much better physical educator. I feel like I am prepared to begin my career and eventually run an entire program. I still have a ton left to learn, but I am off to a great start and am excited for my future endeavors.