

## Reflection

My practicum took place in Virginia Beach City Public Schools at First Colonial High School. I was a little apprehensive and nervous about teaching high school age children. However, now that my practicum is over I am grateful for the opportunity and the experience I received at First Colonial. I learned that while students in high school are older, they still need us teachers to lead and guide them to the person and student they want to be.

I will first start with my strengths, I feel like I relate well with the students (talk about my daughter who is a high school student). I also try and use up to date materials as teaching tools (rap video, talk about real world situations). Another thing I do well is speech projection and teaching or talking from the best place for the students to hear or listen. If the students aren't hearing or getting the information they can not learn it. Because of the previously mentioned strengths, I was pleasantly surprised to be able to get the respect and attention from all students during each lesson.

One thing I could do better is to give the students more think time when asking them questions. When asking questions, I could also have them speak to a shoulder partner (than I could ask shoulder partners, what did your partner say?) Instead of just asking questions at the end of the lesson, I could have the students write things down essay style on paper. I also feel that sometimes during lessons I find myself asking students similar, or same questions. Along with time, I could also come up with and write down lots of closure questions and activities.

During this practicum I learned some new teaching strategies. I also learned that sometimes with young adults, it may be a good idea to let them talk before redirecting them. Physical education seems to be less popular as students get older, so we need to make class

relative and fun for everyone. In closing, I learned a lot, and this was an extremely positive experience. I look forward to furthering my teaching skills at the next level in middle school.