

I have definitely learned a lot throughout this practicum experience. I got a firsthand look of what it is going to be like to teach day after day. And I have learned a lot from my clinical faculty, things that are definitely going to help me in my future endeavors. But more importantly, I learned a lot about myself. This aspect I think is probably one of the most important things because it is going to make me a better educator. Although at times this experience was challenging, a lot of good came out of it too. So there are a few things I would like to share involving myself as well as the school I was at and/or my clinical faculty.

One thing I noticed about the school that I was, Great Neck Middle School, was that the facilities they have for health and physical education program are great and are in very good condition, which means the department takes great pride in their program. All the equipment I saw or used was in very good condition, and the variety of equipment was awesome. For example, they had different sized resistance bands for different amounts of resistance. I also really like how they had cloth covers for their cones, which made things a lot easier when I had the students doing the fitness stations and they would rotate from one to the next. Another example of this equipment used for individual fitness exercises as well as their own weight room to give students the opportunity to learn about that side of personal fitness. Another strength, more specifically for my teacher Mr. Jump, was that he definitely set a great example to me of someone that was prepared for every class that came in. He inspires me to improve on that part of my teaching, which I know needs some work, and I can tell he wants me to succeed with all of

the advice he gave me. But, with strengths there can come challenges. For the first few weeks I was there, I didn't get to do a whole lot of teaching even though I was very eager to. So, that was a challenge I had to deal with until I fully explained to Mr. Jump why I kept asking to teach, it was because I had to do a certain lessons before the end of the semester and my time was counting down. But I finally got to teach a health lesson as my first one, and I managed to finish the rest of lessons thereafter. Another challenge I encountered in this time was the way in which some of the SPED kids were integrated into the general PE class. I'm not sure how things are done at the school specifically, I just noticed from my perspective the SPED kids were in class and somewhat participated, but it just seemed like they were not getting quality PE for themselves, and they may need to be put in in an Adapted PE class where they can get better quality for them. And me saying this is not a detriment to my clinical faculty, this is more so towards the school and curriculum.

Now, for some critique on myself and how I did during my time at Great Neck. Classroom management is probably my stronger pedagogical skill, versus content knowledge is the one I could use some work on. Another skill that I believe I have achieved highly in as a great attitude toward teaching. I usually always try to bring enthusiasm to any lesson I teach so that way my enjoyment can rub off onto the students and in turn they too will enjoy it. I definitely proved this when I was teaching the fitness stations, always being positive and encouraging to the students that they were doing a good job and to keep working hard. In order to improve on getting better with content knowledge, there are a few things that I need to do. For starters, depending on the lesson that I am teaching, I need to familiarize myself more with the background information for that topic so I can be more confident when teaching the lesson. To add onto that, I also need to prepare myself better with the lesson itself. This could include

simply just reading over the lesson plan, somewhat acting it out so I know what to somewhat expect when I teach it to the students. Another challenge I have gone through is how I speak and trying not to pause or say um. Again, I can do the same thing I had already mentioned and practice out my lesson plan. If I do this, then I should feel a lot more confident going into the real thing.

Overall, I definitely benefited from my practicum experience. I got very prepared for my future endeavors, I was able to identify my strengths and weaknesses in a more real world setting, and I really came to appreciate the kind of work I'll get to do in the future. And with all the challenges that came in my way, I was able to push through them and even improve on some previous challenges. I was very happy with the clinical faculty I ended up with, and will strive to be a good an educator as he is.