

Interview Questions

You as a teacher:

- I grew up in Connecticut and attended Eastern Connecticut State University and played soccer for there for all 4 years. I went into teaching because I like kids and I love being active, playing sports and exercising and I want to help others find their enjoyment for physical activity as well.
- I am interested in this position because I want the opportunity to develop my teaching skills and grow as a teacher and I think that this is a great place to do that.
- If you asked me that before my secondary student teaching position I would have said elementary, but after being placed with such a strong cooperating teacher he help me develop an appreciation for secondary physical education. After that experience I have no preference between the two.
- My best quality as a physical educator is my ability to be creative with a lesson. I also find the most enjoyment out of this aspect. Especially in elementary physical education, because the more you get creative with a lesson the more they enjoy it. My area where I need most improvement might
- I think there are different challenges for different positions. As a secondary physical education teacher I think the most difficult task is to motivate the students. In an elementary position the largest challenge might be accommodating for different abilities. You might have a few students who can dribble a basketball between their legs in second grade and have a few who cannot dribble a ball for 3 bounces.

Your Physical Education Program

- The components of a quality PE program
- My 3 main goals relate back to my philosophy on Physical Education. Above all I want my students to develop an appreciation for physical activity and I want them to desire to live a physically active lifestyle. Secondly they need to possess the basic concepts and

skills related to physical education and lastly I want them to know the benefits of engaging in physical activity.

- I would start by talking about the purpose of physical education which is to create young adults who live a healthy and physically active lifestyle. And then point to the statistics about Americans, like 68 percent of the Americans are overweight and the number one cause of death is heart disease, which tell us that most of our country is not living an active and healthy lifestyle.
- The first 3-5 minutes would be spent on an instant activity, which would review and practice some motor skills which we have just worked on. It could be something to do with the unit like a basketball dribbling warm up or it could be just reviewing locomotor skills which we have done earlier in the year. Then depending on the lesson objectives we would get into the main lesson. It could start with a brief introduction which would include the “goals” for the class or the objectives, why this is important, some scaffolding and then the cues and explanation of the activity. And then the last two things I like to do are some kind of closing activity or application and then a brief closure to review what we learned today and what the goal of the class was.

Developmentally Appropriate Curriculum

- Most of us are familiar with the “Old PE,” which is known as “rolling out the ball,” or in other words just playing games with no purpose or objective. With the New PE, the purpose is to create physically educated students who enjoy physical activity and know how to live an active and health life.
- Developmentally appropriate curriculum means, that the scope and sequence and the learning experiences fit the needs of the students based on their age and their ability level.
- It depends on the skill which you are working on but you could change the weight, size or shape of an object being manipulated or you could alter the distance, height or time limit of the task.

Collaborating/Being a Team Player

- Yes I am a big sports fan and have a lot of experience coaching already.
- I would start by a news letter to educate the parents on my curriculum which could also open myself up to communication with the parents. This news letter could also let them know about a student parent activity night which would allow me to meet them face to face.
- Depending on the conflict I am open to answer emails to any questions about the class or their student and hopefully it does not reach the point but I would also be free to set up a meeting and discuss the issue.
- I see it fitting in seamlessly. I have been integrating the common core standards into my classes. It can be as simple as spelling a word by saying a letter with every bounce. Or doing a math formula to find their max heart rate.
- Yes, I could ask to talk to the teachers by grade level and ask them what they are learning at which parts of the school year and what they might need reinforcement on during my class.
- I have always been a fan of family activity nights, which provide small games or physical activity for students to do with their parents after school. This would spread awareness about the Physical Education program by word of mouth which is very powerful.

Student Learning/Assessment

- Many people don't think that learning occurs in PE because most PE teachers don't assess. Assessing students is the key to proving that learning has occurred. One way I assess my students for my fitness unit is with a cognitive paper and pencil pre and post assessment. I want to see the growth of what knowledge they are coming in with as well as can they now answer those questions correctly after the unit is over.
- The best way to assess student progress is to administer a pre and post test to really see student learning. This gives you indicators of their learning and possibly of your teaching. If their scores stay the same then your instruction may not have been effective. A great way to assess the teaching quality is to reflect on each lesson, thinking what I could have done better or what worked well and what did not work well.

- One way this could be done is to incorporate it into the warm up. Do interval jogging, pushups and stretch before and after class. Also these exercises can be disguised and put into a game. Tag games are great for getting a cardiovascular workout in as well as making games out of pushups. You could have two partners in a push up position facing each other and the object of the game is to roll a ball back and forth and in between each roll you have to do a push up.

Inclusion

- I do support an inclusive environment for students with disabilities, if that is what is right for the student. If they are not really benefiting and possibly falling farther behind in their development from being in a main stream class then I would of course advocate against it. I have had a couple students with autism in classes of mine and in both cases there class was very supportive of them and actually acted as the student with autism's helper or aid.

Technology

- I have had experience using pedometers and also I have had an iPad available to me. When I was doing a diamond sports unit I told one of the students who could not participate because of an injury to video tape an example of tagging up, which was the objective of the lesson. And during the closure of the lesson I showed them the video and asked them if this was an example of tagging up or not.
- I think it would be helpful but not necessary to have access to the internet. One side it would be useful to show short video clip or play music during certain parts of class to gets students excited before a lesson and to increase motivation. But on the other hand students spend enough of their time in front of a screen so I wouldn't use it very often.
- Heart rate monitors are very useful to let them discover themselves which types of activities increase their heart rate the most. Another great idea would be to have the students' video tape them in order to make an exercises video, which would display their

knowledge. Also students could keep track of their fitness and food log with a downloaded app and then could print it off.

Classroom Management/Discipline:

- On the first day of school I would talk to the class about respect and how I will respect them and that I expect their respect in return. That was a proactive method of managing a classroom. Another example of a proactive method would be proximity control, so if I see a student who is not listening or is off task I would move closer to them and see if this causes them to get back on task. A reactive way prevent students from talking while I am talking is if I hear them talking I will stop talking instead of trying to talk over them. This tells them that I expect their full attention and I want it every time I am talking.

Professionalism

- In 1 year I expect to be teaching full time and possibly coaching or involved with personal training on the side. In 5 years I expect to be teaching full time and starting to work on my master's degree for Physical Education.
- I have been very interested in the Physical Education Hall of Shame. This was created by one of my professors at ECSU. It looked critically at some of the most common games being practiced in schools and exposed them for the poor practice that they really are. This article explained how games and certain practices are not appropriate for physical education such as roll the ball out or putting a student on display.
- I belong to the AAHPERD organization which also provides me with articles and material which I read online.

Scenario Questions

- People are used to the traditional PE where teachers are only concerned that students are active, which in the PE community is known as rolling out the ball. In the new PE

students are actually learning and teachers are teaching. Students will not only improve their skill but also learn the major concepts associated with that skill or activity.

- The main statistics I like to tell people when advocating for Physical Education is that the leading cause of death in America is Heart Disease. Also that 68 percent of Americans are overweight or obese and 80 percent of American over the age of 25 is overweight or obese. Without a solid physical education program, students and their families may never be exposed to the information regarding how and why they should be physically active.

Closing Questions for PE Teachers

- My philosophy on Physical Education has three major points. Above all I want my students to develop an appreciation for physical activity and I want them to desire to live a physically active lifestyle. Secondly they need to possess the basic concepts and skills related to physical education and lastly I want them to know the benefits of engaging in physical activity.
- You should hire me because I am a motivated individual. From looking at the history of Physical Education, you can see that this discipline tends to attract some unmotivated individual. Many teachers like to roll the ball out instead of actually teaching, which has given Physical Education the reputation of not being important or a class where no learning is going on. And as you can see from all of my experience I did not just do enough to get by, I wanted to get as much experience as possible so I would be ready for my career as a teacher, fitness professional and coach.
- In 5 years I see myself going back to graduate school to get my masters degree in Physical Education. I also see myself continuing my career as a coach or trainer. I have a passion for teaching as well as the fitness and coaching profession.
- I would like to know how often your district or school is involved in professional development. Also what is your grading policy for physical education?