

Teaching PE in Early Years & Kindergarten

Curriculum Development for PE:

- Background: I have created PE lessons based on the age level of my children using both structured and unstructured tasks that help develop their body.
- A/E: I created a program with the basic movement skills of jumping, balancing, and throwing, along with games to stimulate your motor abilities.

Instructional Responsibilities in PE:

- Experience: In PE lessons I use story-telling and Play-Doh to engage the kids as they develop new body mechanics.
- Case Study: I made a "Jungle Adventure" game where the children moved like animals, like hopping like frogs or bending like cats to develop coordination and gross motor skills.

Classroom Management in PE:

- Experience: I have systematic routines and safety rules in place when it comes to PE so that everything is clean and streamlined.
- Ample: I use visual and verbal signals to synchronize movements from activity to activity, so students don't wander off course.

PE-Eye-Touch Parent/Community Engagement:

- Expertise: I have hosted family physical activity sessions for home-school teams to get active together.
- Prom. : I organized "Family Fun Fitness Day," where parents were taking part in games such as obstacle courses with their children to show that we need to move.

Professional Development in PE:

- Experience: I am always open to career advancement opportunities in physical education and movement for children.
- Example: I attended a workshop "Creative Movement and Dance" and used the strategies I was taught to get rhythm and expression in my PE classes.

Health and Safety in PE:

- Experience: I put safety first, so I follow all equipment safety guidelines and help students take part safely in physical activity.
- Case study: I teach children to exercise safely and check equipment after each session so there are no accidents in PE.