



MEET THE STUDENT TEACHER

Hi, my name is:

Miss Bolam

About me:

Hello! My name is McKalley Bolam and I am Tom Medvetz's student teacher from West Chester University. I will be earning my degree in K-12 Health and Physical Education in May 2022. I will be at Barth Elementary from March 21-May 12th 2022. I cannot wait to teach your child the many benefits of living a healthy and active lifestyle!

Fun facts:

- I enjoy running, hiking, biking, and swimming.
- I've coached swimming and soccer for children with disabilities.
- I am a babysitter.
- I am a camp counselor.



HEALTH AND PHYSICAL LITERACY

While student teaching in the Pottstown School District, I will be helping students to develop health and physical literacy skills.

Health Literacy: "Ability to access, understand, appraise, apply, and advocate for health information and services in order to maintain or enhance one's own health and the health of others." (SHAPE America, 2014).

Physical Literacy: "Ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person." (SHAPE America, 2014).

MORE INFORMATION

**What does this mean exactly?
- As a future health and physical educator, it is my goal to provide students with more than just the knowledge about living a healthy lifestyle. I will be teaching students ways to build healthy habits, behaviors, and attitudes towards engaging in physical activity and health-promoting decisions for an entire lifetime. Health and physical education is a vital part in a child's education. It develops essential life skills such as self-discipline, cooperation, teamwork, and responsibility.**



UNIT GOALS

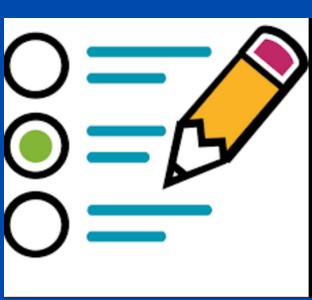


Pre-K: Students will be able to effectively demonstrate locomotor and manipulative skills through a variety of organized games and activities.

K-4 Physical Education: Soccer Unit
Students will be able to demonstrate the basic skills needed to play soccer (dribbling, passing, shooting, trapping) through practice activities and modified games.
(Each lesson will be modified for the grade level)

2nd Grade Health Education: Nutrition Unit -
Students will be able to discuss the many benefits of eating a healthy diet, while making decisions to eat foods that will provide them with energy and essential nutrients.



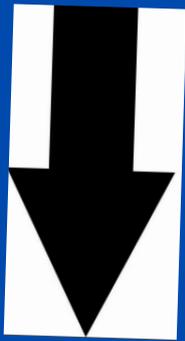


ASSESSMENTS

By assessing students with a variety of testing measures, I will be able to improve student achievement and increase student engagement.

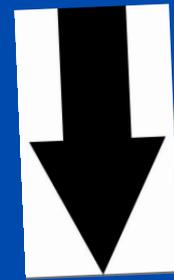
TYPES

Diagnostic (Pre-assessment) -
Used to see what students' already know. This helps a teacher to develop their instruction based on the needs of their specific learners.



Post assessment - Used to see what progress the student has made throughout a unit.

Formative - These types of assessments are used multiple times throughout a unit to see how a student is progressing. This helps the child to know what they may need to work on, while helping me to modify my instruction to best fit the needs of my students.



Summative - This assessment is a cumulative assessment of all the skills and knowledge the child has acquired throughout a unit. This also provides a teacher with reliable data to help improve instruction for future units :)