

Final Reflection:

“There is a need for schools and teachers to affect great change in students’ physical activity (PA) behaviors and attitudes towards PA participation. Together, we can offer fun, engaging PA programming that helps our students.

- a) develop competence across a broad range of activities*
- b) demonstrate personal commitment to, and understanding of, their own health and wellness through regular participation and,*
- c) develop capacity, or the ability to understand, communicate, apply and analyze different forms of movement in their lives.” (Robinson & Randall, 2013)*

As educators we all arrived to this course with varied experiences, attitudes, approaches and philosophies towards physical education. Through our short, but intense two-week journey each of us may have experienced the following: being challenged, a new insight, being surprised, questioning, agreeing, being motivated and inspired.

Now as we move forward it is important to ask: What have I learned? What will I continue to work on? How will I apply my new knowledge to my future practice? As a Secondary Teacher how will I support my local elementary schools? As an Elementary Teacher how will I support my colleagues in developing quality physical education programs?