Philosophy of Physical Education by Kendall Blaine Smith

Children love physical education class. For many, it is the most loved place at school. I believe that it is as equally important as other subjects that you will learn throughout the day. I will be discussing why physical education class is important for the body, mind, and soul.

Now I am going to explain how physical education helps your body, mind, and soul. The psychomotor, cognitive, and affective domains are affected. All domains working together can make a more healthy person. Here are some examples:

1. Student’s body – Physical education class helps students to learn about ways to be active. Sports instruction and heart health are topics to be discussed in the physical education classroom. I believe that these topics can lead to continuing physical activity as adults.
2. Student’s mind – Physical education is important in developing healthy food choices and exercise practices. The physical education classroom can be used to teach the type of foods that you should eat daily and in moderation. I believe that students can learn to cognitively decide on ways to eat healthy and exercise to stay healthy.
3. Student’s soul – Physical education classes help to build self-esteem. I believe that students learn affectively while working with others. A positive body image can lead to a more healthy adult.

In conclusion, I believe that my role as a physical education teacher is to educate elementary students to build healthy mind, body, and soul. I hope to prepare lessons that will enhance their knowledge of sports and healthy living while integrating other subjects into the curriculum. I believe that physical education is a very important part of a child’s education.