

## **Teaching PE to Early Years and Kindergarten**

### **Curriculum Development for PE:**

- Experience: I have developed age-appropriate PE lesson plans that incorporate both structured and unstructured activities, fostering physical development in young children.
- Example: I designed a curriculum that included fundamental movement skills such as jumping, balancing, and throwing, using fun and engaging games to enhance motor skills.

### **Instructional Responsibilities in PE:**

- Experience: I utilize storytelling and imaginative play during PE classes to keep children engaged while learning new physical skills.
- Example: I created a "Jungle Adventure" game where children used movement to mimic animals, such as hopping like frogs or stretching like cats, which improves coordination and gross motor skills.

### **Classroom Management in PE:**

- Experience: I implement clear routines and safety guidelines for PE activities to ensure a safe and organized environment.
- Example: I use visual and verbal cues to manage transitions between activities smoothly, maintaining students' focus and minimizing downtime.

### **Parent and Community Engagement Related to PE:**

- Experience: I have organized family-friendly physical activity events to encourage home-school collaboration in promoting an active lifestyle.
- Example: I coordinated a "Family Fun Fitness Day," during which parents participated with their children in games like obstacle courses, emphasizing the importance of physical activity.

### **Professional Development in PE:**

- Experience: I continuously seek professional growth opportunities related to physical education and early childhood movement.
- Example: I attended a workshop on "Creative Movement and Dance," incorporating learned techniques to inspire rhythm and expressiveness in my PE classes.

### **Health and Safety in PE:**

- Experience: I prioritize safety by ensuring proper equipment use and teaching students how to participate safely in physical activities.
- Example: I instruct children on how to safely perform exercises and inspect equipment regularly to prevent accidents during PE sessions.