

A Practicum Journey in Health and Physical Education

This project explores my practicum journey as I transitioned from observing to actively teaching in health and physical education (PE). The purpose of this experience was to understand how effective instruction, classroom management, and student engagement contribute to student learning in both physical and health-based settings. Motivated by my goal of becoming a PE teacher, I observed experienced educators and gradually developed my own lessons to promote physical activity, teamwork, and healthy decision making. Through structured observation, lesson planning, and teaching, I examined how different instructional strategies impact student participation and understanding. I designed and delivered lessons that incorporated skill development, movement activities, and health concepts while adapting to diverse student needs. Throughout the process, I reflected on my teaching practices and made adjustments to improve clarity, engagement, and organization. The results of this practicum highlight growth in my confidence, communication skills, and ability to create a positive learning environment. This project demonstrates the importance of hands-on teaching experience in preparing future educators.