Eric Halahan

The high school that I was assigned to for my kines 395A class was State College High School, North building. The school and district itself is located in State College PA and is a good size public school. The weight room that I worked in was state-of-the-art and had all the latest weight and cardio machines at the tip of my fingers. The gymnasium looked a little bit older with decent lighting and a total of six basketball hoops and four possible volleyball nets. The students were really a pleasure to be around, it was my first time teaching in a public school and I honestly enjoyed it. Throughout my high school and elementary school days I attended catholic school which is a big difference then these public schools, but it was a good change of pace.

The staff at the high school was very cooperative and friendly to talk to about anything. I remember discussing with another physical education teaching about his experiences so far and how he really enjoyed staying around the area and really loving his job. Zach Stobart, my teaching partner, started off our observation in the South building as we observed the kids doing various activities in a beautiful in ground pool. Further down the road me and Zach split the class up and taught them a volleyball lesson centered on blocking and spiking, two very important elements in the game. That lesson went smooth for both of us mainly because we split the class up and Zach taught spiking, while I taught blocking. The students were very cooperative and gave us no problems.

Following up on the volleyball lesson, I taught a lesson to the same class on weightlifting and cardio. I was intending on splitting the class up into two different groups and have one group run on the treadmills and work on cardio while the other group focused more on lifting routines with me. There were 6 different total lifts to be addressed in today’s lesson: 1) Lunges 2) Curls 3) Tricep Extension 4) Bench Press 5) Shoulder Press and 6) Shoulder shrugs. I demonstrated each lift to each group and broke it all down for them explaining why it is good to have less weight and do more reps. At this time I got a lot more comfortable working with the students since I have been seeing them every Wednesday for the past three months. Once we developed that relationship it really made my teaching confidence increase, thus improving each and every lesson I taught. My cooperative teacher would observe every lesson that I taught and give me positive feedback and focus on the things I did right. He would also make sure he pinpointed on the aspects in which need to be improved for my next teaching, which I’m glad he did.

As my teaching throughout the high school progressed I really felt like the students success went through the roof. I noticed at one point in my lifting lesson that a student approached another student and assisted him on how to do the lift the proper way. He also made sure that someone was there to “spot” the students so no one got hurt. This was a complete shock to me and made me feel really good about myself. I noticed the teamwork within the group along with the proper knowledge of the lift, after I demonstrated, to show the other student. Overall on my experience teaching at the high school did nothing but help me and my confidence in whatever it is that I decide to do. I can truly say now that I have worked with kids in the schools, putting together lesson plans, and made a strong impact on these students.