Lesson 3 Reflection

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One word used to describe this lesson would be hectic. At first, we had a lot of different activities in our lesson plan and we were really excited to use all the materials that Grayswoods had to offer. After seeing his lesson and the swinging rope, we really wanted to incorporate that in some way. Our lesson looked great on paper and, although it seemed a little complex, with the age group and skill level of the students we had we felt that they would be capable to doing this. The night before the lesson, I began to get a little restless looking over the lesson. I really do not have much of a gymnastics background and I was feeling like we were doing too many things. It seemed evident that we were doing way too much with the group before us teaching had no equipment set up and their lesson was still going well. As we set up and saw the kids coming, we became anxious and started to panic a little bit. Once our lesson started I felt calm, but in some of the stations I felt a little too rushed.

We started out the lesson with a balancing relay game. The kids really liked the game and it went very well. I then started at the tumblilng station. I had prepared an assessment on the log roll so I did not want to cover much in my 10 minute window because the students would not get ample time to practice. This was the first lesson we used music for, and the students really loved it. The only issue is that I had to yell over the music and the students only wanted to go to the music station. I also had behavioral issues with one of my students, who was upset to be the only male in my group. The students did my tasks, but seemed to not really listen to what I was saying. It was hard to keep their interest for too long, and I had issues keeping them involved. The second station of the music went really well. The students enjoyed the music and followed all of the directions. They definitely had previous knowledge as to what symmetrical and asymmetrical shapes were, which seemed to really work in my favor. I was able to pinpoint and use challenges and intra-task variation at this station.

The last station was the one that I was the most nervous about. The tasks we had were alright, but I figured the students would be a little too crazy on them. If I had the right knowledge of what to do as tasks for example, on the swinging rope, I would have been able to do a lot more. I also had very different levels of students in this group that was displayed at this station. Two of my students were excellent at the balance beam and were doing things that typically we would not allow. As I saw them doing it, I could tell they knew what they were doing. I asked them how long they had done gymnastics and they said for 9 years so I knew they could handle themselves. I stayed right next to them during that station just in case they needed a spot, but they were able to complete the balance beam at the skill level that they were without getting bored. The rest of the students did a good job at this station as well. I was a little rushed when it came to the end and I didn’t know if we were doing a group closure or not, so I ended up not getting a closure in at all. We were so worried about getting the materials stacked and put away, the students did not get the closure of the lesson that they needed.

If I were to teach this again, I think the big thing I would need to do is get rid of the stations and focus solely on one task. (or one station). The students were very skilled but, they were capable of doing majority of the tasks, but the set up was very chaotic. I feel that this lesson would definitely not able to be completed unless there was a teacher for each station. I would also work on my classroom management again. The students were a little out of control at moments and I should have stopped them and showed to them that I was critically demanding.

Overall, this lesson was a great learning experience. It was good to have a lesson that kind of backfired, so that we know our limits as a teacher. This lesson was pretty wild, but I feel like the students really did enjoy it. I feel that next time maybe stress the safety cues and have more activities at the apparatus station to keep the students from getting curious and doing things that they shouldn’t. This was a good experience and I am glad I had the opportunity to teach gymnastics before I student teach.