*Media Assignment*

*Physical Education Rules and Expectations*

*Osceola Mills Elementary*

*Beth Berger*

For my media assignment I created a power point and a poster used during phys. ed. class to help reinforce the behavior expectations, as they have been slipping recently. I had asked Mr. Gonder what I should do, so that my media project was something that he would find beneficial for the program. When we started teaching health lessons at North Lincoln, we decided that we needed to do the same type of lessons for Osceola Mills. Around this time of year, the students always seem to get a little wild due to the nice weather and the anticipation of summer time. The students needed a reminder of what is expected during class. The students also needed a refresher on what it meant to be a good sport, as students were starting to act out more during our activities on ways that would be marked as un sportsmanlike.

The lesson started out discussing why we have rules in physical education class. We then talked about the ways to be safe in class, along with a “Do’s and Don’ts” list of safety issues. I made the points to be covered issues that we have seen during class to reiterate the importance of following the rules and playing safe. I then transitioned into how to be a good sport. We talked about what it means to be a good sport and discussed different scenarios that occur during the class and spoke about how we could be a good sport. The points were quite short so the students could digest them without getting lost in a lot of words.

I then decided to make the “Do’s” List into a poster to be posted in the gym. The other posters discussed sportsmanship, so I did not need to make another rules poster. Mr. Gonder was very happy with the way the lesson went and with the poster, and said that he would use it at the beginning of the year next year, as well as showing it around the time we did.