



Fundamental Movement Skills Workshop

This is a letter recognizing my participation in the Fundamental Movement Skills Workshop at Vancouver Island University on January 25th, 2015. This workshop was one of several courses taken during the completion of my PE methods course.

I chose this evidence for standard 7 because I had a background in sports but no formal coaching experience. This led to some difficulties and frustrations teaching PE lessons to beginners. Having taken this course, I was able to break down each task I was teaching into the fundamental movement skills and achieve better success with my lessons. This was a valuable professional development workshop for me that will enhance my PE lessons as well as future coaching endeavors.

Standard 7 is important to me as a new teacher because I believe teachers need to engage in continuous professional development to keep up with new research and teaching methodologies. With the speed at which things change in the world, teachers cannot afford to use the same tools and methods blindly for their entire careers.

“What is something new you have learned lately?”