

As the Health and Physical Education (HPE) teacher at JICS, my goal is to create a program that is built on the ideals of inclusivity, fostering positive relationships with movement, teaching students to make informed decisions about their health, promoting mental health, and developing interpersonal skills.

Inclusivity is the foundation of everything I do in my classes. I believe that every child—regardless of ability, background, or previous experience—should feel welcome and capable of participating. To achieve this, I make sure to adapt my lessons so that they cater to different learning styles, physical abilities, and emotional needs. I want every student to feel like they belong and that they can contribute. For me, it's not just about physical education—it's about fostering empathy and understanding, as students learn to support and work with their peers who may have different strengths and challenges.

One of the most important things I aim to do is help my students develop a positive relationship with movement. I believe physical activity should be enjoyable, something that breeds positivity rather than stress. That's why I focus on making my lessons fun, varied, and personal, offering different activities (traditional and non-traditional sports, dance, yoga, creative movement, etc.) so each student can explore and find what they enjoy. I want my students to leave my class feeling confident and motivated to stay active, not just in school but for the rest of their lives.

A big part of my job is also teaching students how to make informed decisions about health and wellness. I want them to understand that their health is in their hands, and they have the power to make choices that affect their well-being. This means going beyond physical exercise and delving into areas like nutrition, hydration, rest, and injury prevention. I also introduce the basics of emotional and mental health in an effort to provide a holistic understanding of what it means to be healthy.

Lastly, I emphasize the development of interpersonal skills. HPE is a great way to teach students how to work together, communicate, and cooperate. Through group activities, they practice teamwork, empathy, and problem-solving. I try to create opportunities for students to lead, support one another, and even work through conflicts in a constructive way. These skills go far beyond the gym—they're important in every aspect of life.

Overall, I'm committed to providing a program that helps students become active, informed, and emotionally resilient individuals who are capable of making positive choices for themselves and their community.