

Majors and Middle School Students: Armstrong Health and Physical Education Majors Plan and Implement a Program of Health Topics and Sports Skills for Charles Ellis Middle School Students

**Presented by: Lynn T. Roberts, M. Ed. and
Armstrong HPE Majors – Frank Barney, Lauren Conner, Lauren Lord, Jimmy Meriweathers, Sam Mitchell**

Armstrong's Health and Physical Education Program collaborated with Charles Ellis Montessori Academy, a Chatham County Public School, on a service learning initiative. This program provided experiential training to Armstrong's Health and Physical Education pre-service teachers. For the 5th and 6th grade students attending, this program provided an opportunity for sport skill acquisition and development, helping these students to prepare and become motivated for participation in the middle school sports program starting in grade 6. The students were presented with information promoting healthy behaviors and practices leading to healthy adolescent development.

Armstrong majors were charged with planning and implementing instruction focused on sport skill development in the areas of basketball, flag football, tennis, and volleyball, and on health education topics including hygiene, exercise, nutrition, bullying, use of alcohol, and use of tobacco. Armstrong majors developed instructional materials and created interactive health activities and sports drills. Several of the stations had relevant take-home items that helped motivate and reinforce the students of the material learned such as a water bottle, bookmark on portion sizes, magnet of the Choose My Plate information, and a pocket guide for eating out.

Candidate participation in the proposed training provided an opportunity planning, implementing, and reflecting on this service learning initiative. This experience allowed the candidates to have a positive impact on the students in the community by using the knowledge and skills developed in their program of study, thereby enhancing teacher preparation. The hands-on teaching, assessment, individual and group reflection, and collaboration with the Chatham County students helped foster personal and professional growth, encouraging candidates to work toward actively engaging the whole learner with creative teaching methodologies for health education topics and sport skill instruction. Helping to connect students with relevant health information and sport skill instruction motivated the middle school students to consider participating in school sports and promoted healthy behaviors and practices leading to healthy adolescent development.