

In reference to:

***Raised Bill No.
5467***

PASS Reflection

During this semester, I had the opportunity to visit the Dunbar Hill School in Hamden. The purpose of my visit was to help incorporate PASS (physically active school systems) into the classroom. I was assignment to Ms. Couture's fifth grade class. The students were excited to do fun activities that would get them moving instead of sitting in their seats all day. I found the students to be very cooperative and they all enjoyed my activities. I was able to show them that being active while doing school work is a positive thing and can actually help. One activity I did with my students was a multiplication facts sheet. I gave them one minute to complete as many multiplication problems as they could and then had them write that number on the top of the paper. Next, as a class we did some physical activities. We jumped, did squats, ran in place for one minute. Finally, each student got a new multiplication sheet and they were asked to complete as many problems as they could in one minute. Every student completed more problems after they moved around and did some type of physical activity. This one activity showed me exactly how important physical activity is more students in school. After this activity is knew that I could create fun new games that every student would enjoy. Some of my activities included bubbles, flash cards, counting all different kinds of games. What I found interesting was I could take content from basic subjects such as English or math and make them fun for the students. I thought that it was going to be hard and that I would some difficulty. After my first day, I become more comfortable with my students and was able to enjoy my experience very much. After going to Dunbar Hill, I am going to try and incorporate PASS into my school as much as

possible. Hopefully, the rest of my school will be receptive to this idea and they too would like to become a part of PASS. If I am unable to get the rest of my school on board, I will still try to make activities that incorporate other subjects into them as well. For example math or English. Spelling is easy to make activities as well as multiplication problems too. Although my experience with PASS has ended for this semester, I am looking forward to doing more activities in the future and I highly suggest that all PE students be trained in PASS because it really helps students perform better in school.