

**OAHPERD Convention, Dayton, OH  
December 4, 2003**



**Placement of a Health Education  
Teacher Candidate  
in an Elementary School**

***Presenters:***

**Valerie A. Ubbes, PhD, CHES, Miami University**

**Erica Fritzsche, Children's World, West Chester, OH**

# Maud Marshall Elementary

Oxford, OH



# Purpose #1



- to overview the experiences of Erica Fritzsche, a student teacher in health education, who taught third grade at Marshall Elementary School (Oxford, OH) in Fall 2002 for eight weeks;

# Purpose #2



- to outline the content, skills, schedule, and reflection themes that Erica experienced during student teaching; *and*

# Purpose #3



- to promote more opportunities and offer suggestions for other health educators who would like to student teach in elementary schools.

# **Setting the Stage for Student Teaching in Elementary School**



- ✓ **Miami University's Health Education preK-12 program and required courses;**
- ✓ **Request to the Ohio Department of Education to pilot student teaching with elementary kids;**

# **Setting the Stage for Student Teaching in Elementary School, *continued***



- ✓ **Mrs. Williamson (third grade) was selected based on personal interactions and reputation to teach health;**
- ✓ **Request went out to the Talawanda School district (Oxford, OH) and was approved, followed by pre-meetings.**

# **Life in a 3rd Grade Classroom**



## **□ Sample Schedule of One Day**

**8:45 – Wash hands, sharpen pencils,  
and morning jobs.**

**9:00 – Opening**

**9:05 – Language Arts**

**10:30 – Walk around the track, woods,  
or school perimeter**



# **Life in a 3rd Grade Classroom**



## **□ Sample Schedule of One Day, *continued***

**10:45 – Silent Stretch, Restroom, Snack**

**10:50 – Math**

**11:48 – Lunch**

**12:18 – Health**

# **Life in a 3rd Grade Classroom**



## **□ Sample Schedule of One Day, *continued***

**1:30 – Social Studies**

**2:15 – Science**

**3:00 – Cursive**

**3:45 – Dismissal**

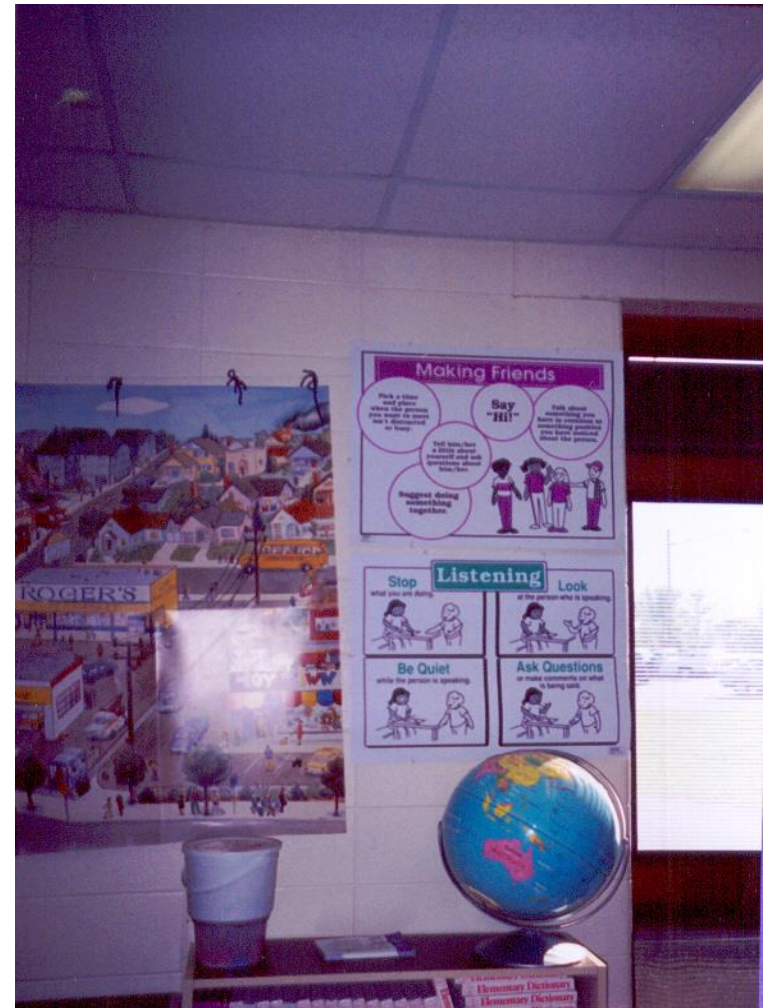
# Health Content & Skills



## □ Content:

- Emotional Health,
- Feelings,
- Showing Appreciation of Others,
- Nutrition,
- Bullying,
- Safety: Fire, Personal, Sun

# Michigan Model Posters



# **Health Content & Skills**




- Communication Skills:**
  - Asking for Help,**
  - Expressing What Bothers You,**
  - Making Friends Keeping Friends,**
  - Solving Problems,**
  - Making Decisions, and**
  - Anger Management**

# **Other Academic Content**



- Math**
- Social Studies**
- Science**
- Language Arts, and**
- Health**

# **Student Teaching Requirements: Health**



- School Schedule, Procedures, Structure**
- Interaction with Students, Faculty, Staff**
- Shadow Teacher and Team Teach**
- Plan and Teach Lessons Weeks 3 to 8**
- Weekly Email Reflections**
- Monthly Student Teaching Seminar**
- Attend Teacher & School Events**

# **Retrospective Reflection Themes:**



**Weeks 1 - 8**



# Theme 1: Apprehensions



- I was worried about the lack of Health Education I would be teaching.
- For example, I knew that I would be responsible for teaching all of the other subject areas as well as health. I did not know how often I would get the chance to teach health.

# Theme 2: Coordination Issues

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- The counselor worked well with the children, but the lessons did not flow with the Michigan Model that was being taught and was confusing to the children.
- For example, in the Michigan Model we covered Bullying and he taught the children different ways of handling the situation.

# Theme 3: Curriculum Integration



- I was able to integrate Health into different subject areas.
- One example is in Math we worked on graphing and line plots. We did graphs and line plots on individuals hair color, shoe size, height, and eye color. Then it was explained how we are all individually different and special.



# Theme 4: Prevention



- Washing Hands
- Eating Healthy
- Expressing What Bothered Them
- Expressing Feelings to Friends
- Listening To Others While Speaking

# Students practicing healthy eating habits



# Theme 5:

## Needs & Interests of Kids

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- The children wanted to know what was healthy.
- The children wanted to know how to make friends and keep them.
- The children wanted to know about conflict resolution.

# Fire Safety Posters





# **Theme 6:**

## **Frequency of Health Instruction**


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- Week 1: Shadowed my mentor teacher**
- Weeks 2-3: Taught health 1x for 45 minutes**
- Weeks 4: Taught health 2x for 45 min each**
- Weeks 5-8: Taught health 3x for 45 min each**

# Anger Management Chart



# Theme 7: Observation of Skill Transfer



- Home
- Playground
- Cafeteria
- Bus
- Hallway

# Theme 8:

## Teacher & Staff Interactions

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- Most teachers in your daily interaction were positive. A few were negative and did not value health.
- Taught a second grade (n = 1) and third grade (n = 3) classroom beyond assigned classroom.
- My mentor teacher....

# A student's picture showing her understanding of Sun Safety

