

Case study example

Education



A 45-minute session in third grade are usually active, especially in the school environment and like to interact with others who seem socially active. Different groups of friends are, therefore, formed and seem to hesitate in socializing with those outside their groups, hence affecting developmental needs of students in schools. To address this problem, a physical education should be imposed to students. It increases manipulative skills of the students and improves their social environment. The developmental needs of the students in the third grade can be addressed using a 45-minute session. As a teacher, I can engage the students in the session twice in two consecutive days. The session involves students in handling bean bags with their hands and throwing them to their partners. They, therefore, end up taking part in a movement pattern of throwing and catching. The session has instructional strategies where the teacher takes a bean bag and demonstrates the movement with one of the students. He or she remains stationary and does an overhand throw of the bean bag to the travelling student. The student also uses an overhand movement pattern to throw the bean bag back to the teacher but with increased accuracy. All students in the physical education engage in the activity in pairs and do what they are instructed by the teacher. The two partners engage in a two-handed catch of a thrown bean bag and reciprocate with one remaining stationary while the other travels and vice versa.

The physical exercise of throwing and catching a bean bag improves the developmental needs of students involved in the 45-minute session. It increases their attention span and interest in the physical exercise. In addition, a student is able to mingle with another colleague from outside his

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or her group of friends and experience fun together. The overhand throws movement pattern also increases the manipulative and motor skills of the students. This develops their muscles and other body parts.