As I reflect on both my papers written for this assignment I have noticed some key themes that are apparent in both articles. When it comes to dealing with the increasing number of children that are becoming obese, there is only one true solution and that is the need to make children physically active as well as physically literate for life. The foundation for this begins with schools, because they have resources as well as trained professionals who can provide students with proper education. In some instances, though schools are being financially cut or physed classes are being shortened to increase Math and English instructional time. Along with cuts to scheduled physical activity, sedentary behavior is mentioned in both articles and is an increasing topic in regards to technology. Technology is having more and more of an effect on the developmental aspect of children. Through media and the content that is presented to youth it is shaping the perceptions of what children think is the norm for body weight, food choices and physical activity. The main goal behind the information expressed in these two articles is to get school boards aware of the drop-in childhood physical activity and ingrain the message that without physical education in our schools the future of our adolescent population has an increased risk of developing cardiovascular diseases at continually younger ages.

Some take away ideas from the articles which I could see myself implementing into my own classroom is the “brain break” concept. I feel that this is a great way to get students moving and enhance cognitive function. Children’s attention spans during their developmental ages is very short so these breaks can contribute to better academic achievement and better classroom behavior. My main goal as a future Physical Education teacher is to eventually start enforcing the idea that without physical activity in our lives we wouldn’t be able to enjoy the daily tasks or sports we play, comfortably and with ease. I want to be a role model to my students and that means “practicing what I preach”.