

## Observation of a Health Education Class at Platt Technical High School

On March 14, 2018 I observed a health education class at Platt Technical High School.

The teacher, Mr. Kapushinski, was teaching a grade 10 class, and the topic of the lesson was communication. When the students walked into the classroom, Mr. Kapushinski greeted each student and gave them a piece of paper. This paper had a mini pretest that was not going to be graded, but it was for the students. Mr. Kapushinski does this to allow the students to see how much they know about the topic being covered in the class that day. The students were all very quiet when working on the pretest, and they waited patiently.

After going over the answers Mr. Kapushinski pulled up a PowerPoint about communication. The way he delivered the information was by lecture, but he made it very relevant and interesting for the students. He gave many opportunities to the students to share their thoughts or feelings on the topic. The class was led mainly by group discussion, but he also did a portion with small groups. He broke all the students up into groups and gave them each the task of writing on a piece of paper all the different ways of communication they can think of. After giving the students between 5-7 minutes, each group got a chance to read out loud their answers. The students all seemed competitive when doing this, they seemed really engaged in the activity and lesson. When the students would get a little out of control he would

clap his hands or shut the lights off. The methods to gain their attention seemed to work well.

Also, when the students would start to talk about something that did not relate to the lesson,

Mr. Kapushinski always seemed to get the students back on track again quickly.

At the end of the lesson Mr. Kapushinski gave the students an exit ticket. The exit ticket asked the students to simply list three facts they learned about in today's class. The exit ticket also instructed the students to write down one question they might have in relation to the topic of communication. After the students left Mr. Kapushinski told me that he looks at the questions and addresses them at the beginning of the next class time they have with him. I think that Mr. Kapushinski did a great job with delivering the information to the class. He also did a good job with classroom management because the class was large, and sometimes large classes can become chaotic. I have learned a lot from Mr. Kapushinski and I will use some of his techniques in my own health education classroom