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Podcast Reflection

This assignment was a huge learning experience for me. I didn't even know what a podcast was until we were taught in class. To further my education on this project we were required to use a Mac computer instead of a P.C. I was completely unaware of how to use a Mac. It's one thing to watch someone put a podcast together while using a Mac and it's another to have to do it yourself. I was very grateful that we were able to use a Mac computer in the Technology Learning Lab. Any time we didn't know how to do something and we couldn't figure it out, we had someone there to answer our questions and help get it done.

Since I'm going to be a P.E. teacher, Preschool, or Kindergarten teacher, I doubt I will ever use podcasting in my classroom. First and foremost creating a podcast would obviously be too hard for them. Second, I don't think that age of student would have the attention span to listen to a podcast. Kids that age need visual stimulation or physical stimulation in order to keep them interested. As for my P.E. classroom, I probably wouldn't want to use it there either because we would be busy using physical activities in order to achieve the objectives for the required curriculum. I suppose I may use it for some of the older kids, maybe as an introduction to the day's activity and its purpose. For example, if we were focusing on the major muscle groups I may try to find an interesting podcast to help supplement my teaching.

We made our podcast about childhood obesity. I would be able to use this podcast in particular to help teach kids about the importance eating healthy and staying active. We specifically focused on making this podcast as an introduction to Jump Rope for Heart. While discussing the topic we had chosen, we had discovered that most of us had participated in a fundraising activity called Jump Rope for Heart that helped raise money for the American Heart Association while promoting a healthy activity for the kids. We decided that we could use this podcast to teach the kids what to eat and how much to eat as well as the importance of physical activity and how much they should have. Jumping rope for instance, is a great exercise not only for your heart but also for building bone strength. This way the kids realize that there are several benefits for the fundraiser other than just raising money. Hopefully it would also arm them with knowledge that will help them form good lifestyle habits for healthy living.

In conclusion, I felt like this was a great learning experience for me. Not only did I learn about a different source for finding information, but I was forced to learn about a form of technology that I would have otherwise had no intentions of trying to learn. I hope to continue to expand my technological knowledge in hopes that it will make me a better teacher.