

Melanie Matassa

Nicholas

Monday 12:40

Spring 2012

### **1. In Five Years**

In five years, Nicholas will be 14 years old and he will be in the ninth grade. Considering his well-behaved manner and intent listening skills, I predict a lot of potential for Nicholas. His motor skills are appropriately developed enough that he will see success in a general physical education class. I see Nicholas, hopefully, in a general classroom cooperating and enjoying his learning experiences with his peers. I believe this will lead to him coming out of his shell more and improving his own self-confidence when it comes to his communication skills. I predict his reading to still be a struggle for him, but with the right motivation, he will have read several books. In the physical education setting, I predict he will be developed maturely in his striking skills, more specifically a baseball swing. Baseball is clearly his favorite sport and it is offered in the NY State Physical Education Curriculum Framework. Other activities I see Nicholas succeeding are those that require striking such as, tennis, badminton, or even hockey, all of which are included in the state curriculum framework. Not only did he have no problem hitting a moving ball during my time spent with him, but it was clear that he thoroughly enjoyed it. This is why I see Nicholas succeeding the most in an intramural baseball league that he can join in his town. This will give him the opportunity to value physical activity through social interaction and help hone his catching, striking, and throwing skills.

### **In Ten Years**

In ten years, Nicholas will be 19 years old and, on a general track, he would have graduated high school. He will be questioning what he plans on doing with his life after school and I can see him getting overwhelmed and anxious on this new stage of his life. Considering his reluctant attitude when trying something new, he won't be happy with the new change of events in his life. He can find comfort and stress relief through various lifetime activities and recreational sports. He can continue his enjoyment of baseball by going to the batting cages or joining different recreational softball leagues that are available in his town. At this point, he would have made several friends, either through school or his baseball team, that he can just hang out and be himself with. A fun, social activity that Nicholas can play with his friends is bowling. In lab, he enjoyed seeing how many pins he could knock down at a time. Bowling alleys also offer open leagues for anyone to join. Bowling is offered in NY State Physical Education Curriculum Framework.

### **In Fifteen Years**

In fifteen years, Nicholas will be 24 and, hopefully, be gaining more and more independence and even obtaining a job. From what I experienced with Nicholas, he is kind-hearted and is always watching that his peers aren't in his area so that he does not hurt them and he loves giving his

classmates high fives. This is why I believe he will develop into a personable and giving person. With these skills he might find enjoyment in working with children such as, volunteering at a sports camp or even help coach his own baseball team. In doing so, he will only be improving his own skills and his confidence in his self. I predict, he will still be living with his parents because he would need assistance with real-world problems such as, money. I can see him forgetting important aspects of his life, such as doctor appointments, that his parents can assist him with.

2. Top Down Framework: