

I believe no matter what disability you have been born with, if you challenge yourself to accomplish a goal it can be achieved. This requires individuals to be dedicated, determined, and disciplined. I believe when individuals keep positive thoughts in their minds instead of negative thoughts. It also requires individuals to ignore the negative stereotypes of society.

I can recall viewing a reality television show called the real world. This show has been broadcasted on television since the early ninety's. The show is about seven strangers, picked to live together, work together, and have their lives taped. Of all my years watching this series I would never forget this cast member named Jordan Wisely from the 28<sup>th</sup> season Real World Portland. Jordan was born with no fingers on his left hand but exceeds at nearly everything he tries. In high school Jordan was captain of the football, baseball, and wrestling teams. I was personally admired by Jordan's ambitious attitude that despite the fact he has no fingers on his left hand he can do anything he puts his mind to. Jordan doesn't view his condition as a handicap and has never let his hand slow him down in sports or his everyday life activities. Even though Jordan clashes time and time again with nearly all the roommates in the house he encourages all the roommates to believe in themselves and be ambitious like him. I can recall viewing an episode when Jordan and roommate Nia was playing ping pong Jordan noticed Nia was just hitting the ball with her dominate hand. Jordan suggested Nia try to use her non-dominate hand instead of her dominate hand. After a couple of attempts Nia kept repeating she couldn't do it, Meanwhile Jordan's encouraging Nia convincing her to just try and believe in herself. Once Nia finally switched hands to hit the ball she kept the ping pong ball volleying back and forth using both hands. Nia was amazed at what she accomplished and learned with the help and encouragement from Jordan the so called disabled roommate with no fingers on his left hand. Jordan didn't agree with or accept the roommates saying "I Can't". Jordan didn't want his roommates accepting excuses nor failures. I believe Jordan would be a great adapted physical education teacher. I plan on installing Jordan's theory to my future students. Jordan discussed how his father showed him a lot of tough love

this is a basic principle of disability awareness which involves not promoting pity. As a child his father made sure Jordan knew he could do anything he put his mind to. Jordan stated his father didn't want him to feel left out, or think he was disabled. Parent's being involved in encouraging their child to try and not give up is extremely important. I believe this because the parents are the child biggest heroes so if they impress their parent's they will feel like they made an accomplishment which they have. Just trying to do something you believe you can't do is a challenge for most individuals. It's like a fear one has to overcome, when a child is free of fear they're free to learn.

I believe no matter what disability you have been born with if you focus your mind on a goal it can be achieved through dedication, determination, and discipline. This requires believing in you. When I become a physical educator it will be my responsibility to encourage students with disabilities that they have the ability and power to accomplish any goal they put their mind to. I believe it's my job to help the students not to accept excuses or failures or promote pity. With my help the schools, the community, and parents can encourage every student disabled to learn to aquatics, locomotors, object control, and fitness correctly. I would like my students to exit my class with an ambitious attitude knowing they can achieve any challenge they focus their mind on. If they want to participate in the Special Olympics or Paralympics I plan to get them mentally and physically prepared. Jordan accomplished his dreams he's currently studying marketing at the University of Central OK and is now a semi- professional wake boarder. I was surprised to see both Nia and Jordan on the Real World Challenge. Before this semester I never worked with disabled students in Physical Education. However this semester with all the activities I participated in such as Swim & Gym, central western zone, and camp abilities. I got to visually witness students participating in goal ball, beep baseball, and wheelchair basketball it opened my eyes to these athletes are just as talented and competitive as able bodied athletes. Viewing the 2014 Paralympics for the first time aired in Sochi Russia also helped open my eyes to this theory as well.

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This I Believe