

20 Questions with Mr. Darling

1. Where did you come from/grow up?

I grew up in Plainville, MA (right near Gillette Stadium!)

2. Why did you become a physical educator?

My Elementary PE teacher was my role model throughout my early years and I always wanted to be like him. I knew after my first year in his PE class that I wanted to do what he did. He taught me to be an excellent mover, thinker, and team player. Without him, I would not be where I am today.

3. What do you do to stay physically active?

I play basketball, softball, golf, football, and wiffleball throughout the year. Also, I often travel to the gym to weight lift and run on the treadmill.

4. What sports did you play growing up?

I ALWAYS participated in some type of sport throughout the year. I engaged in baseball, football, and basketball year round. My favorite sport was always football; however, as I progressed into High School, baseball became my favorite sport.

5. How many years have you been teaching?

This is my first year as a full time teacher. I am very excited to start my career here at Needham and look forward to many more years to come!

6. Where did you go to College?

I went to Springfield College, which is located in Springfield, MA. I received my Bachelors of Science and my Masters of Education from Springfield College.

7. When did you graduate?

I graduated with my Undergraduate Physical Education degree in May of 2012 and I graduated with my Masters degree in Athletic Administration and Physical Education in May of 2014.

8. What is your favorite sports team?

By far, my favorite sports team is the New England Patriots because I feel as though Tom Brady is the best leader that I have seen. I also enjoy watching the Bruins,

Red Sox, and Celtics. I try not to be a “bandwagon” fan, but sometimes I can’t help myself.

9. What is your favorite food?

I enjoy a good chicken parmesan sandwich or sub. I also love to eat anything involving buffalo chicken.

10. How many siblings do you have?

I have three older brothers (all over seven years older) and I have five nephews. Its weird/great phenomena where we have nine straight boys in my family.

11. Where do you like to vacation?

I love to vacation anywhere in the Caribbean. I also enjoy visiting my parent’s condo complex in Punta Gorda, Florida.

12. What are your favorite television shows?

King of Queens is my favorite and a close second is Friends. These two shows always cheer me up even in the hardest of times.

13. What is your favorite unit to teach?

Even though all units are awesome to teach, my favorite unit is throwing and catching. As I see students progress through this unit, getting better each and everyday, makes me realize how much I love teaching and how much I love this job.

14. When you are not teaching at Mitchell Elementary, do you teach anywhere else?

I teach at Mitchell Elementary on Tuesdays and Thursdays, but I also teach at Broadmeadow Elementary on Mondays, Wednesdays, and Fridays.

15. What are your hobbies outside of school?

I enjoy being with my friends as often as possible, watching football on Sundays, being outside engaging in just about any activity, and being with my family whenever possible.

16. What are your favorite movies?

My favorite movies consist of Friday Night Lights, Dumb and Dumber, The Guardian, and Troy.

17. Did you play any sports in College/intramural activities?

I played baseball for two years at Springfield College and I participated in many intramural activities (volleyball, flag football, ultimate frisbee, racquetball, soccer, floor hockey, and table tennis).

18. Do you have any hidden talents?

Yes, I have a select few. I can throw a wiffleball over 90mph and I tend to be a really good table tennis player (on a good day).

19. What was your favorite subject in school?

Besides PE, my favorite subject was always math. I thoroughly love completing math problems and teaching people how to perfect their math skills.

20. Do you have a message for the students that you teach?

I firmly believe that Physical Education is absolutely necessary for each and every student in order for them to carry these PE activities with them for the rest of their lives. All students have different abilities as a person and in PE, I know all abilities and interests can be reached. We teach the “whole” person, which involves the physical (psychomotor), mental (cognitive), and emotional (affective) well being of an individual. All students should feel comfortable in Physical Education and realize that we teach a wide range of units for a reason. If a student simply does not enjoy a dribbling with hands unit, they may thrive in a gymnastics unit. Here at Mitchell, we pride ourselves in creating a positive and comfortable environment for each and every student we come in contact with. I hope that if a student is uncomfortable in any way, they can approach me and tackle the issue right away.