

Appropriate Instructional Practice Guidelines

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2.7 - Teacher Enthusiasm

- + Teacher enthusiasm in a Physical education setting is important for maintaining student engagement
- + Students will often mirror their participation and effort based on the actions and instructions from a teacher
- + The less enthusiasm and effort that a teacher puts into a lesson, the less students will be able to engage, and therefore the result is a less physically educated class.

2.7 Appropriate Teacher Enthusiasm

- + The Physical Education teacher has all equipment set up early, prepared for an active lesson.
- + During the lesson, the educator is actively engaged and participating in the activities with the student

2.7 Inappropriate Teacher Enthusiasm

- + The teacher has almost no equipment involved in the lesson, and if they do, the teacher takes time during the class period to set it up
- + The teacher gives extremely basic instructions for the activity and does not participate or watch students for any help they may need

2.8 - Success Rate

- + In Physical Education, the success rate must be different for all students because of the wide variety of competence
- + Just like in any other subject, students learn at different rates, and it is important to allow everyone to have a high level of success in whatever capacity they can reach
- + If every student was forced to perform at the same high rate of success, many would never reach the level of competence being required because of how different everyone's physical abilities are.

2.8 Appropriate Success Rate

- + Physical educators allow all students to practice and participate at their own comfortable speed, always allowing and encouraging mistakes.
- + Success is measured in progress and not from a predetermined level of competency students are expected to reach.

2.8 Inappropriate Success Rate

- + The teacher enforces a level of competency onto a skill that they expect everyone to reach
 - o Those who do not reach this level are punished through grades or more unrelated physical activity.

2.9 - Teacher Feedback

- + Teacher feedback is important for a student's growth in competence in any skill
- + Providing quick and accurate refinements when a student is performing a skill allows them to correct mistakes or improve on their existing competency

2.9 Appropriate Teacher Feedback

- + A teacher provides quick but in depth advice to a student that forces them to think about their movement and change a specific part
- + The PE teacher gives specific instructions as to what the student did wrong and tells them exactly how to improve.

2.9 Inappropriate Teacher Feedback

- + The physical educator is very unspecific with this feedback that allows for zero comprehension from the learner and no ability to improve
- + The teacher is so uninvolved with the lesson that he does not know when students are underperforming and provides little to no feedback

2.10 - Technology use

- + Technology use can be important in a Physical education setting as an enhancer but not as the main resource in a lesson
- + It is important to differentiate between using technology as a way to improve the lesson versus using it as substitute for an educator.

2.10 Appropriate Technology Use

- + Using projectors for video instructions and analysis on top of the educator further explaining and guiding the lesson
- + Using things like pedometers or heart rate monitors to help students engage in exercise

2.10 Inappropriate Technology use

- + Not using any form of technology to enhance your lessons
- + Using technology as a substitute for the actual teacher, like throwing a video on the projector and expecting students to learn and improve their competency that way