



HIGH SCHOOL P.E.

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A variety of tips and tricks for substituting a "High School P.E." class are shared, from getting prepared to engaging with students.

SCAN THE QR CODE TO:



- WATCH THE VIDEO
- DOWNLOAD ADDITIONAL RESOURCES

GRADE LEVEL:



<https://microlearning.ccee-ca.org>

KEY STEPS

1

REVIEW THE LESSON PLAN AND GET PREPARED FOR CLASS

- Review locker room procedures
- Consider how you will distribute and collect equipment in an organized and safe way: e.g., by teams or groups
- Visit the space
- Check the lesson plan for accommodations or health conditions
- Have a few no-equipment-needed activities to incorporate (see Accompanying Resources)

2

TIPS FOR DURING CLASS

- Review prior learning
- Remember high schoolers are very concerned with what others think of them, so success and encouragement are motivating
- Save a few minutes to close the class: job, give positive feedback, reflection questions

3

3 BIG IDEAS

- Physical education is a place of learning, just like every part of school
- Many of the same skills, methods, and strategies you use in other content areas also apply to teaching physical education
- You can be most effective when you encourage student improvement and effort towards improvement