



MIDDLE SCHOOL P.E.

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A variety of tips and tricks for substituting a "Middle 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
- Know who to contact if there's an injury
- Visit the space
- Consider how you will distribute and collect equipment in an organized and safe way
- Have a few no-equipment-needed activities to incorporate

2

TIPS FOR DURING CLASS

- Share the objective and ask students how it connects with prior learning
- Use attention-getters, like "clap once if you can hear me"
- Circulate among students and give positive feedback

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