

Teaching like a TOY



By Lynn Hefe

Intentional Learning

- An **intentional learning environment** is one which fosters activity and feedback and creates a culture that fosters metacognition, i.e., one in which the learner becomes aware of his or her learning process and can use tools (mental or technological) to enhance this learning process.
- Elearning Snippets
- <https://sites.google.com/site/elearningsnippets/a-wiki-page/intentional-learning>

Playing or Learning

- What are we playing in gym today?
- What are we learning in PE today?



Rollers, Gamers, Fitters, Brainers, Innovators, At-Riskers, Activators, Teachers

[The Fall and Rise of Physical Education By George Graham -28-15.pdf](#)



Teaching

Atmosphere of Learning

- Objectives written
- Objectives discussed
- Objectives reviewed



Teaching Tools to Promote Cognition

- ☐ Videos
- ☐ Bulletin Boards
- ☐ Action Figures
- ☐ Whole Body Signals
- ☐ Books
- ☐ Waiting You Turn Ideas
- ☐ Crosswords

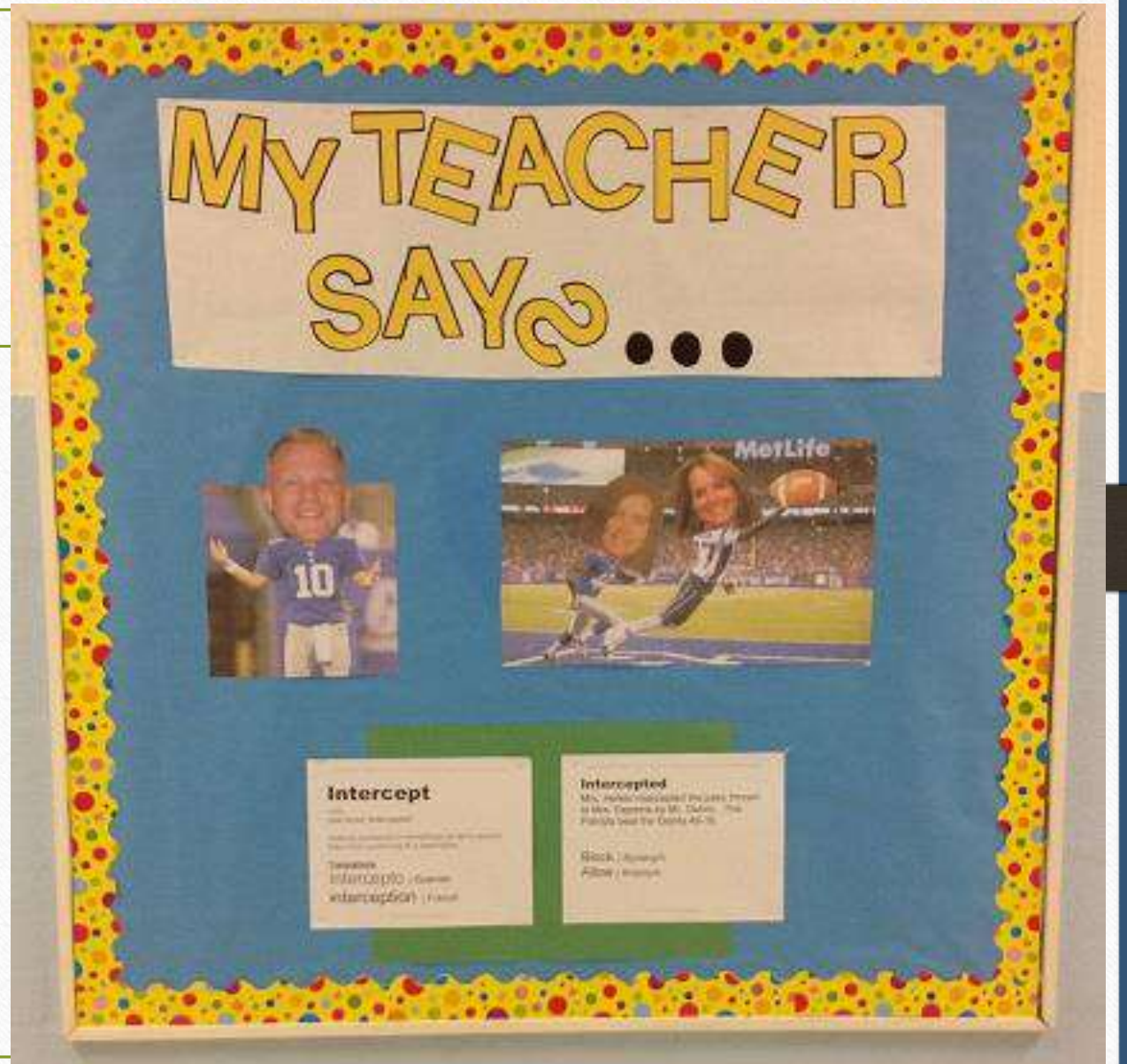


Feed Your Hippo!

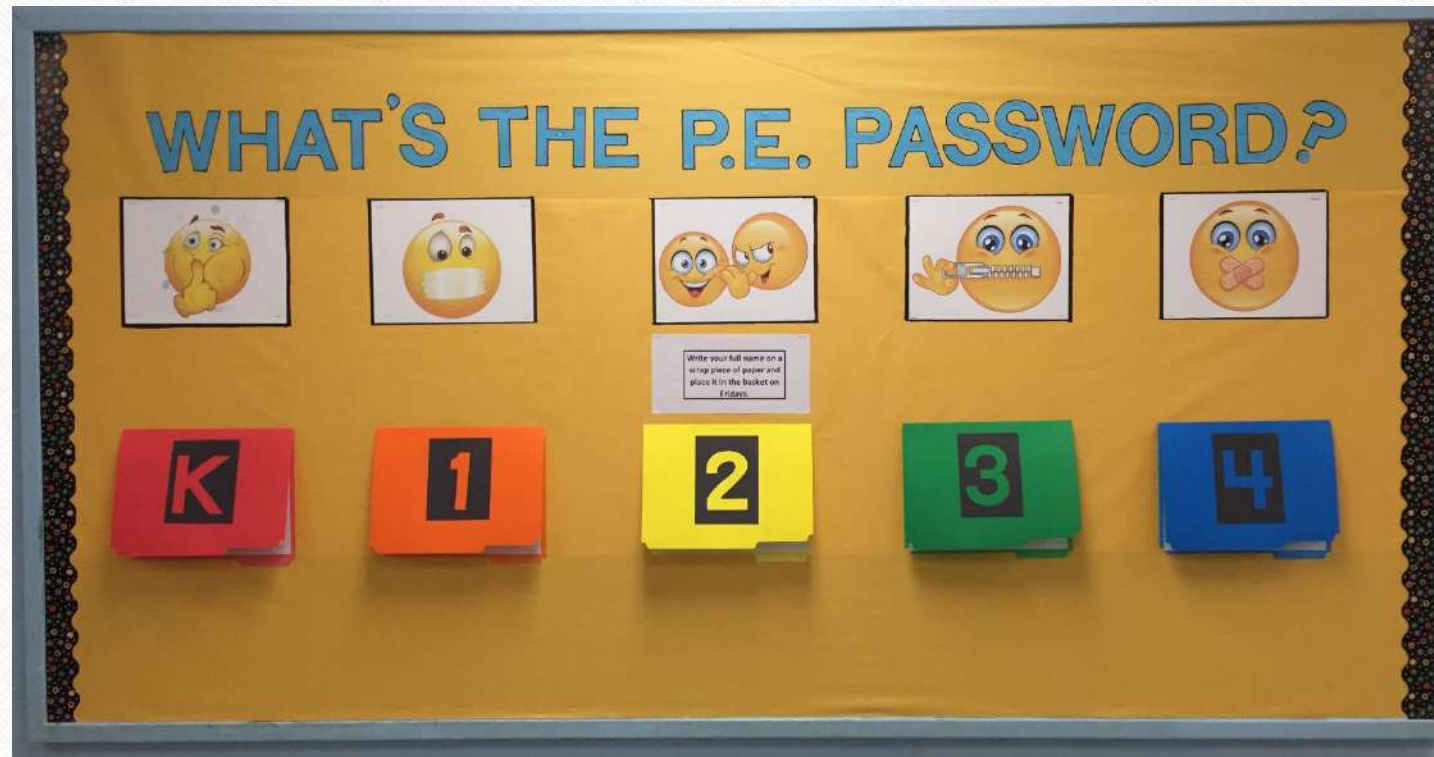


Academic Vocabulary

- Word
- Part of Speech
- Use in sentence
- Synonym
- Spanish



PE Password



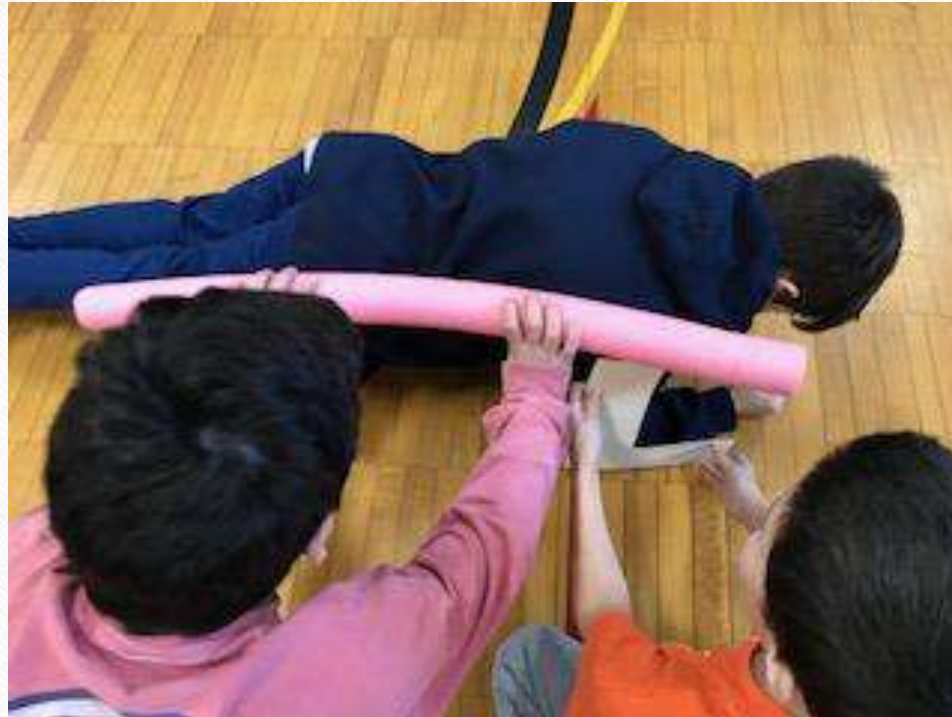
Grade Level Passwords



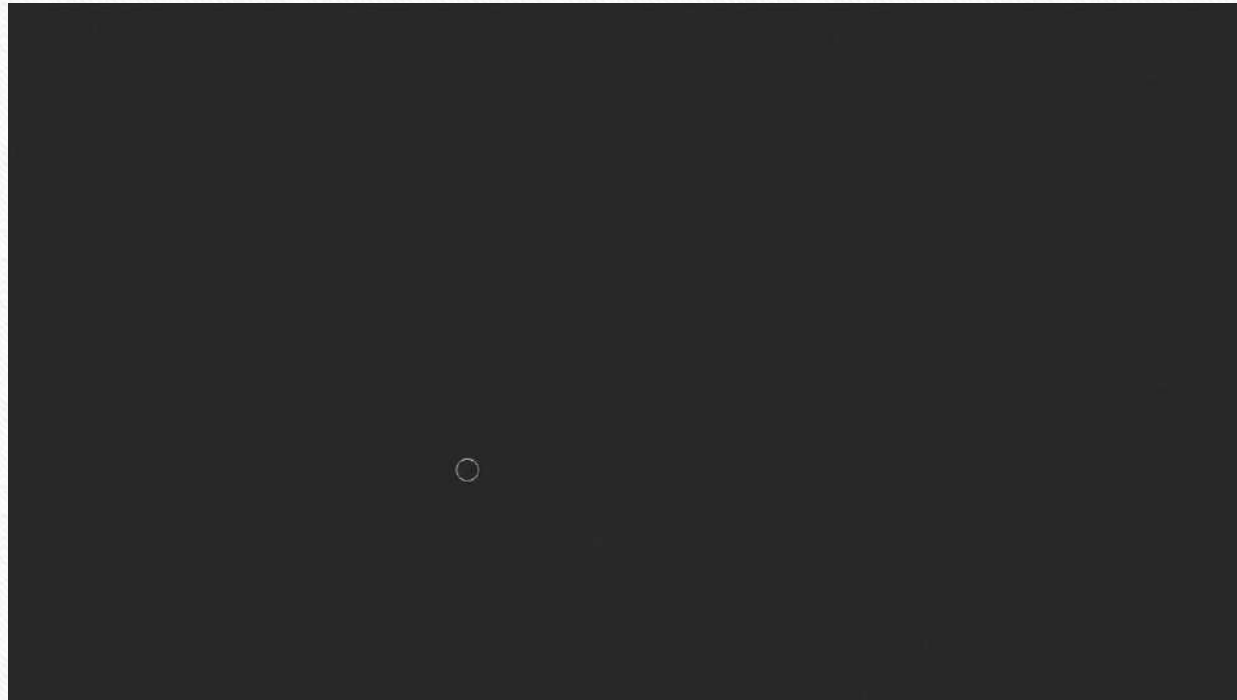
Whole Body Learning



Peer teaching with visuals



Animaker.com



Slide Shows

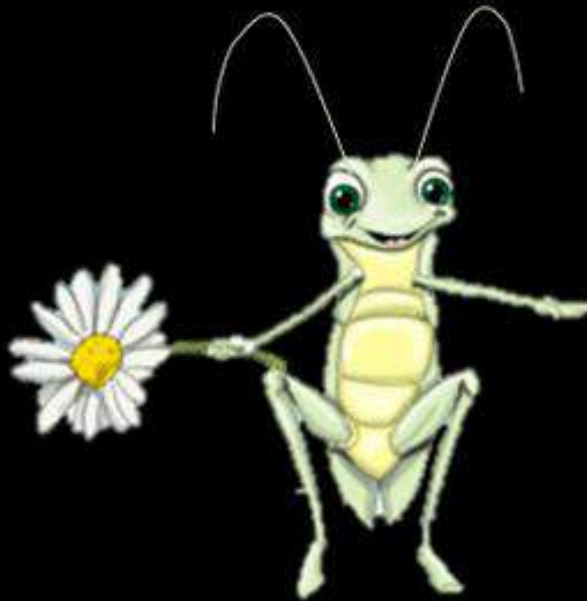
Powerpoint to MP4



COMPONENTS OF
HEALTH RELATED FITNESS
ASSESSMENT



Gifs



Start with racket low and back.

Giphy- Imgplay

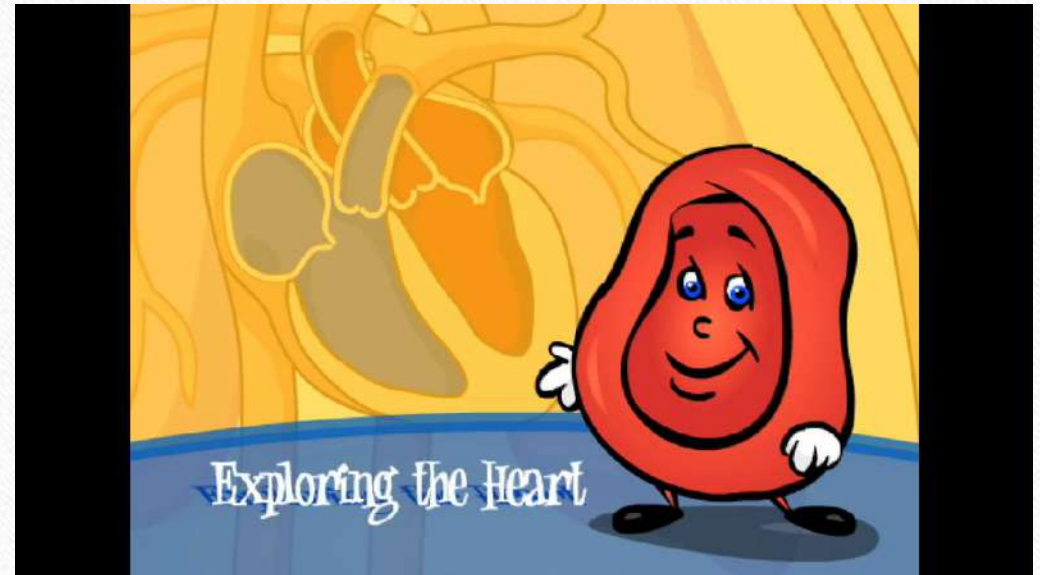
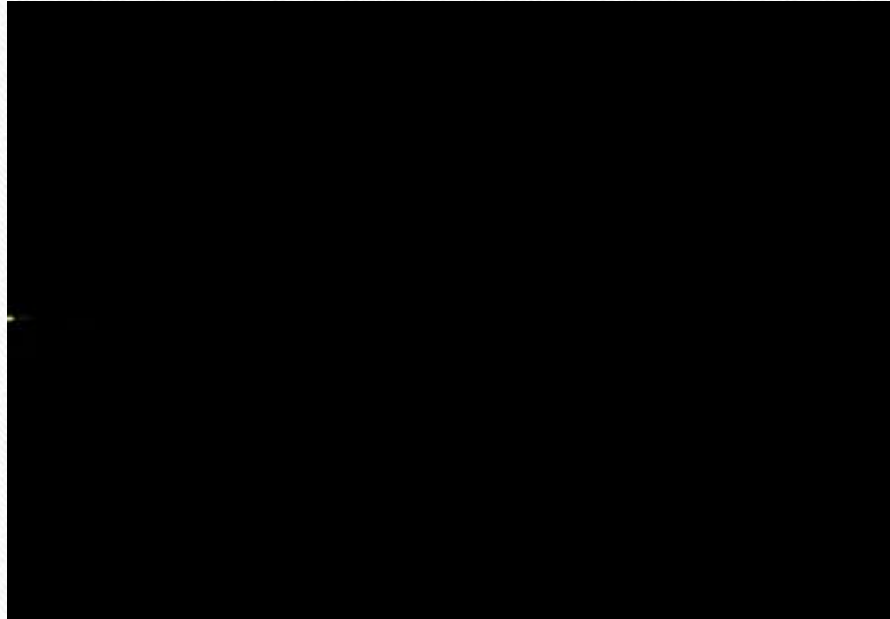


We Love our
Hearts!

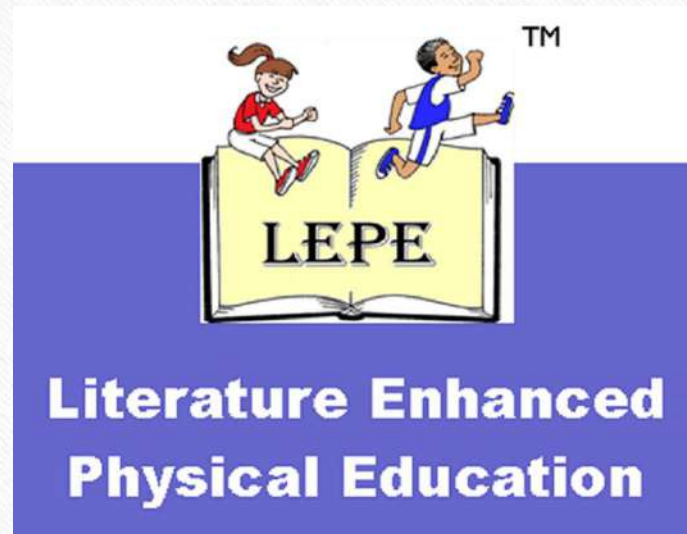


Youtube

<http://www.lepeinc.com/teaching-videos.html>

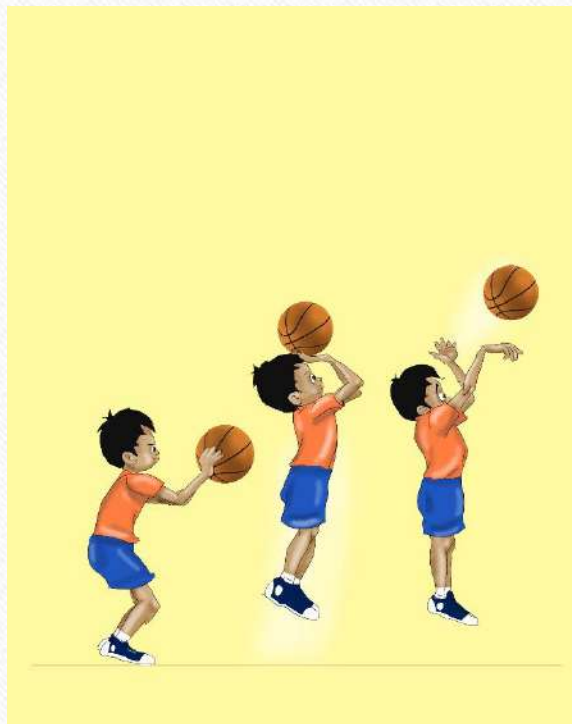


Books



<http://www.lepeinc.com/>

Visual and Verbal Cues

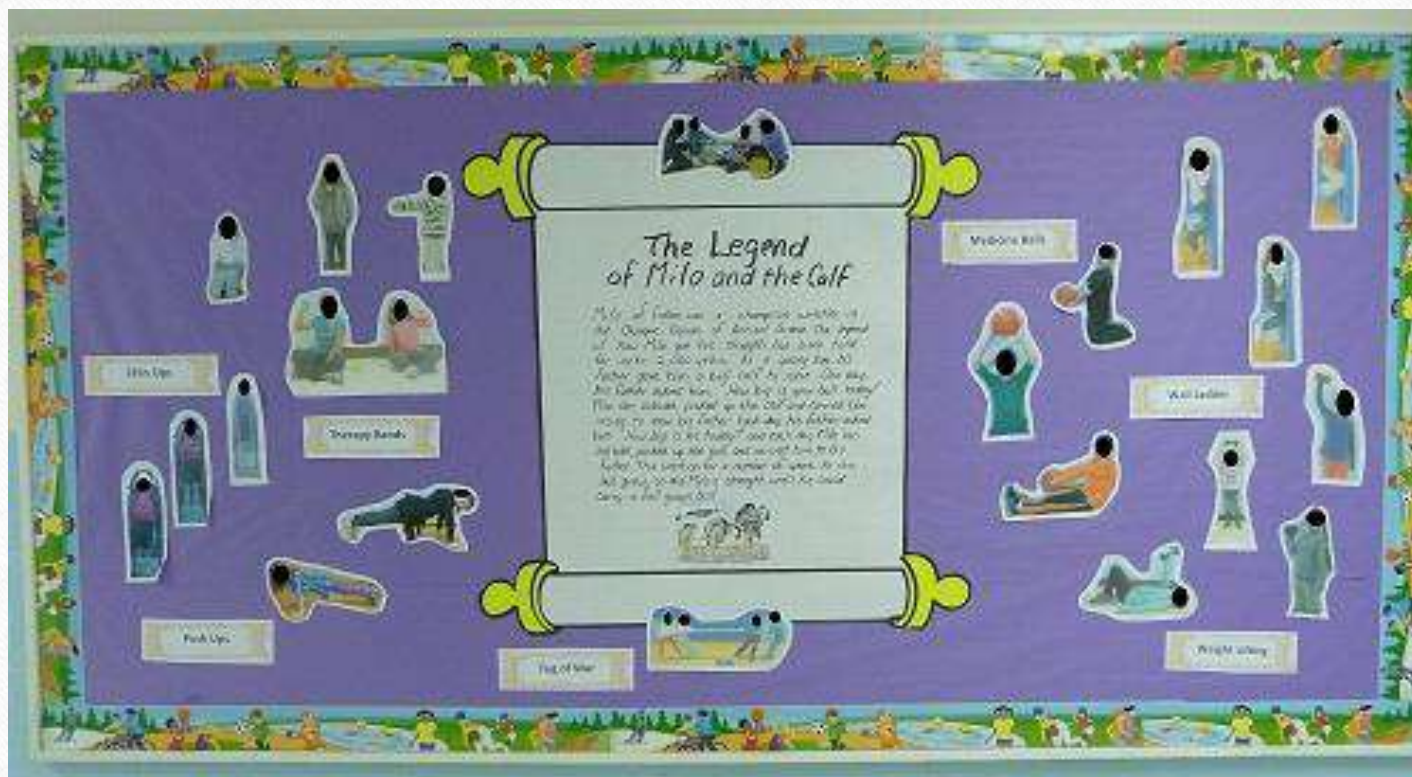


Interactive Bulletin Boards



<http://www.lepeinc.com/pe-bulletin-boards.html>

Classroom Connection



Healthy Choices



Make Connections

Cardiovascular



Directions: Apply on the skin over the heart, lungs and blood vessels. After application, begin exercising large muscle groups for a long period of time. Repeat use at least three times per week for best results. Prolonged use leads to a happy, healthy life!

Possible side effects include but are not limited to:

- Increased fitness level
- Release of endorphins that cause a feeling of joy
- Increased blood flow and oxygen to the brain which may lead to better academic performance
- Reduced percent body fat

Flexibility Oil



Directions: Apply a generous amount of oil to the entire muscle group, joint, tendons and ligaments. After application, begin slowly stretching the muscle group. At the stretching point, hold for 15-30 sec. Repeat use at least three times per week for best results. Prolonged use leads to a happy, healthy life!

Possible side effects include but are not limited to:

- Increased fitness level
- Decreased chance of becoming injured during activity
- Ability to move through an entire range of motions



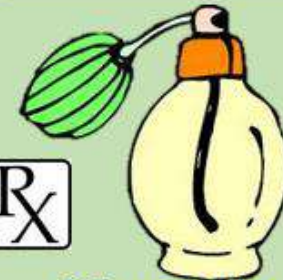
Muscular Endurance Syrup



Directions: Drink 2 oz. of syrup. After drinking, begin exercising the intended muscle group for a long period of time with light resistance. Repeat use at least three times per week for best results. Prolonged use leads to a happy, healthy life!

Possible side effects include but are not limited to:

- Increased fitness level
- Being able to conduct tasks with ease
- Increased muscle tone
- Increased energy



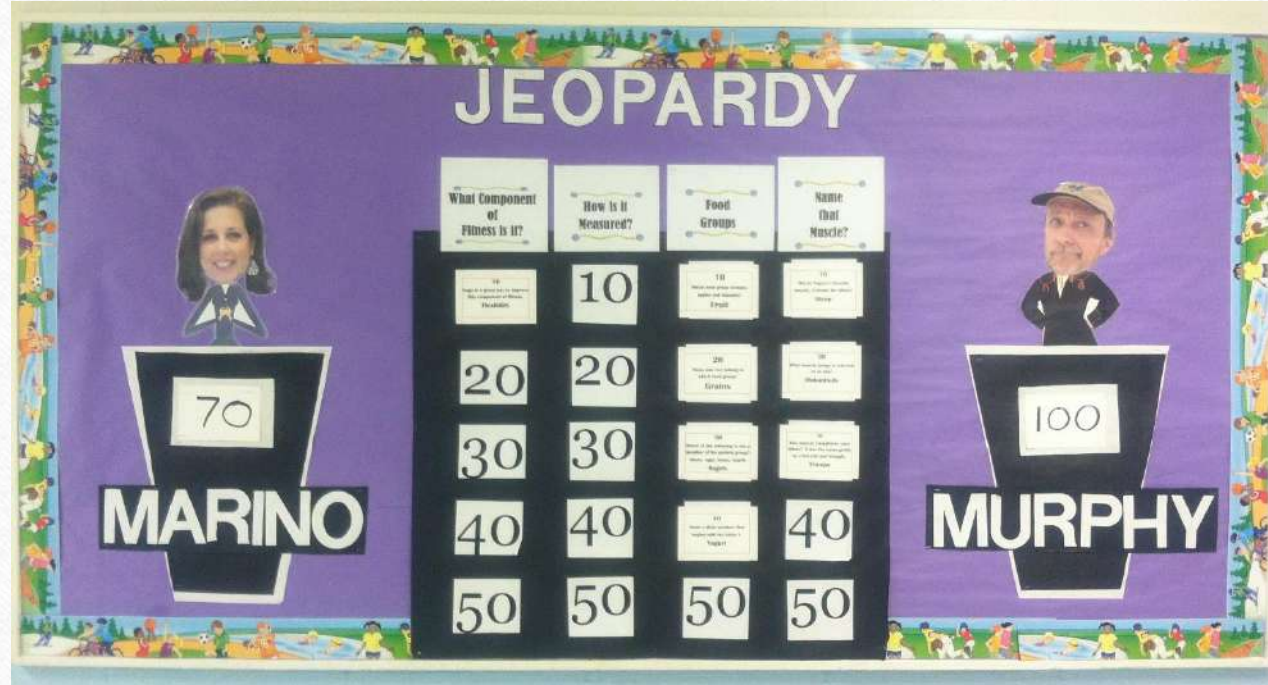
Muscular Strength Mist

Directions: Spray a fine mist over the intended muscle group. After application, begin moving a heavy resistance for a small number of repetitions. Repeat at least three times a week for best results. Prolonged use leads to a happy, healthy life!

Possible side effects include but are not limited to:

- Increased fitness
- Ability to perform daily tasks with ease
- Increased bone density

Jeopardy



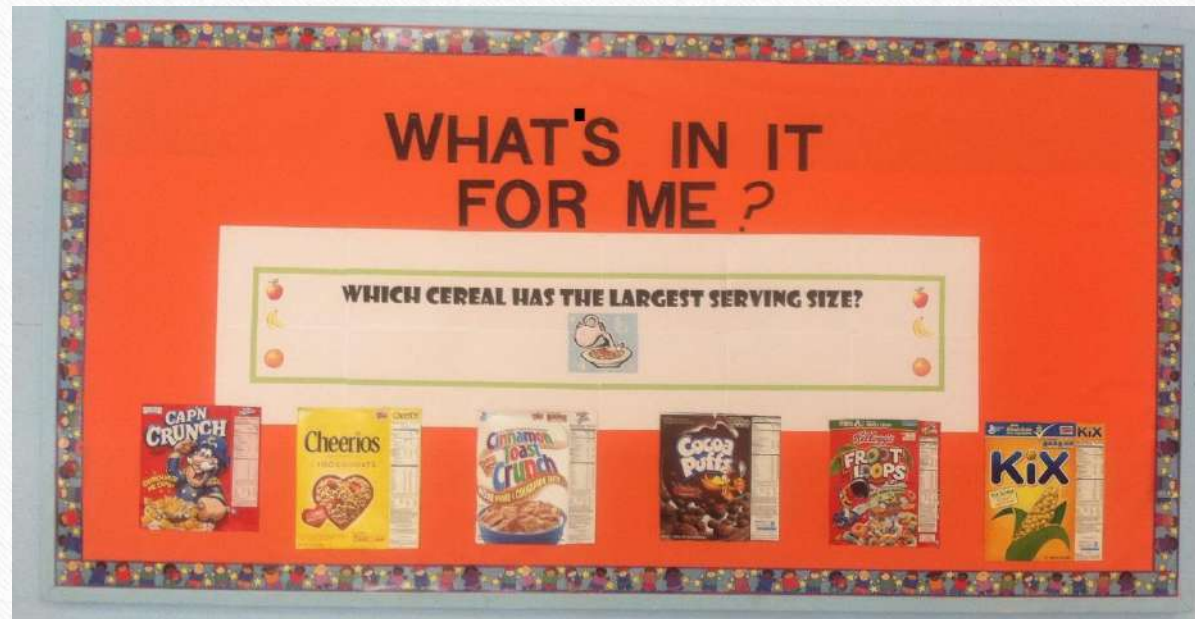
SLO Review



Writing Contests



Raffles

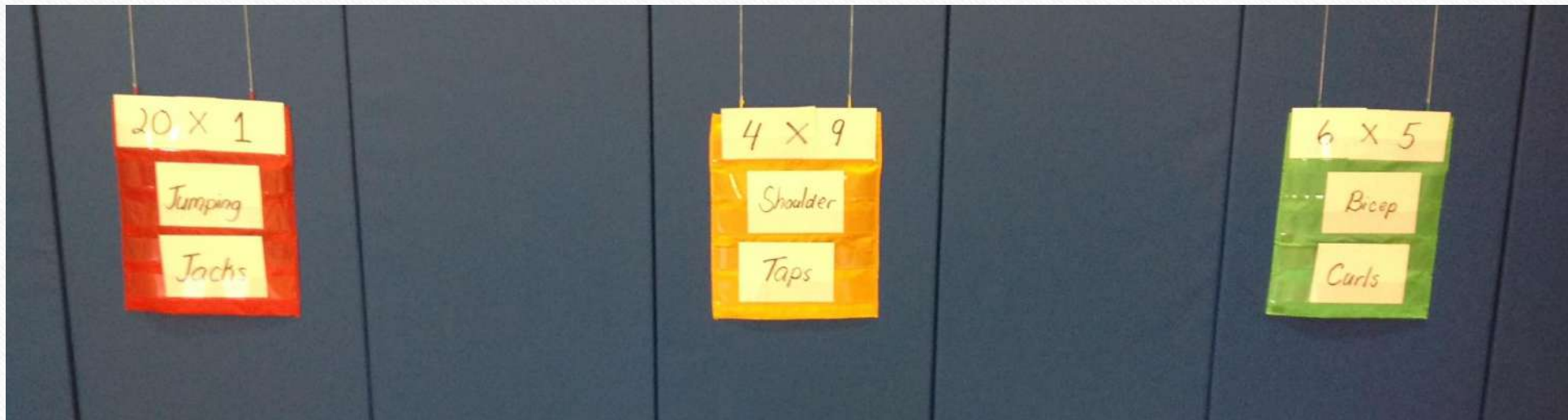


Waiting Your Turn Cards

<http://www.lepeinc.com/waiting-your-turn-cards.html>

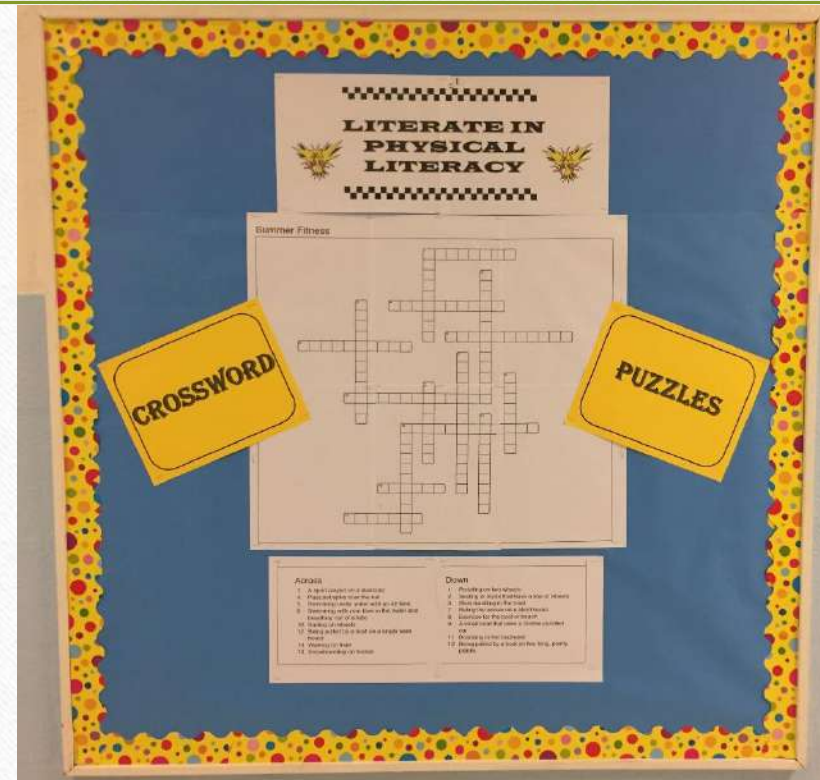


Waiting Your Turn



Word Search and Crosswords

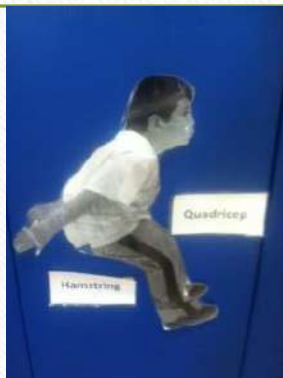
<http://www.lepeinc.com/puzzles-for-pe.html>



Website

- Calendars
- Question of the Week
- Videos
- [Southdown Primary Eboard](#)





Action Figures



Assessment Tools

- ☐ Exit Tickets
- ☐ Pickers
- ☐ Video Assessments

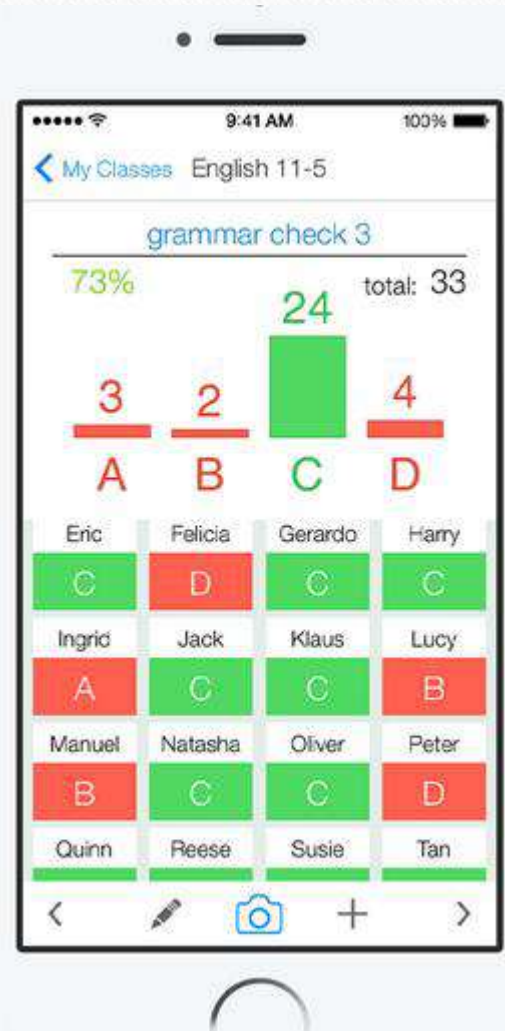


Exit Tickets

In order to move safely throughout the gym during activity, what should all students do?

- A. Maintain their personal space.
- B. Move toward open space.
- C. Chase a friend.
- D. Both answers A. and B.

Plickers

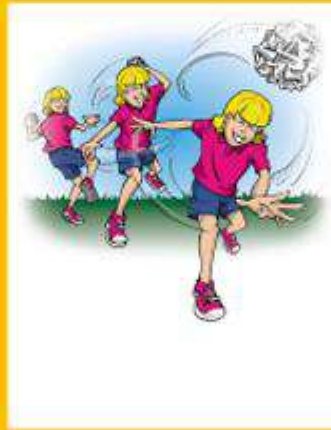


Pickers Questions

Which foot should you step with when throwing overhand?

A. I should step with my bigger foot.

B. I should step with the foot opposite my throwing hand.



C. I should step with the same foot as my throwing hand.

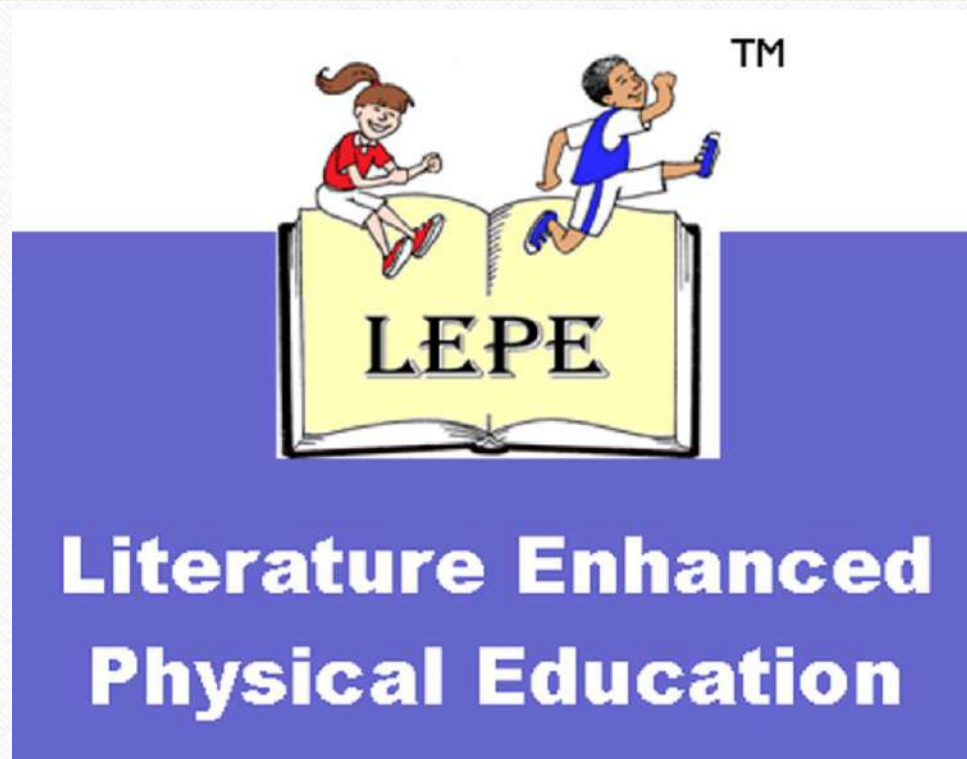
D. I should not step when I throw overhand.

Choose the letter of the best answer.

Video Taping



Literature Enhanced Physical Education



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The Physically Educated Family - Facebook



<https://goo.gl/CeZb2H>