

To assess if quality physical education method and practices were used during a lesson, complete the following checklist. Do this self-assessment periodically to monitor your progress.

- | | | |
|------------|-----------|---------------------------------------------------------------------------|
| YES | NO | Students were active right from the start. |
| YES | NO | Activities were conducted in a safe manner. |
| YES | NO | Students received clear, concise instructions. |
| YES | NO | Students were active at least 50% of lesson time. |
| YES | NO | Management and transition times were minimal. |
| YES | NO | There was an adequate learner/equipment ratio. |
| YES | NO | Group sizes were appropriate. |
| YES | NO | Students were encouraged to be physically active during class. |
| YES | NO | Most students appeared to enjoy the activities. |
| YES | NO | Learners were prompted/rewarded for their out-of-class physical activity. |
| YES | NO | Lesson included closure and a cool-down. |
| YES | NO | Lesson included both ASAP and skill segments. |
| YES | NO | Lesson lasted at least 30 minutes. |
| YES | NO | I was enthusiastic about the activities. |

Score: (# YES responses)

To assess if quality physical education method and practices were used during a lesson, complete the following checklist. Do this self-assessment periodically to monitor your progress.

Design:

- YES NO** Warm-up included activities which bring blood to the muscles to be used.
- YES NO** Lesson was safe.
- YES NO** All students had equal opportunities to learn and be active (e.g., similar number of turns and touches).
- YES NO** Students were active at least 50% of lesson time.
- YES NO** Students were encouraged to be physically active outside of class.
- YES NO** Lesson included a cool-down period with stretching and Wrap It Up.

Management:

- YES NO** Student/equipment ratio did not exceed 3 to 1 during skill practice or 10 to 1 during game play.
- YES NO** Transition times were minimal (e.g., used whistle cues; Pinnies Rule, Principle of 3s, etc.)
- YES NO** Music was used to start and stop activity or motivate students.

Instruction:

- YES NO** Instructions were clear and concise.
- YES NO** Motivating, positive phraseology was used (e.g., "ahead" vs. "win").
- YES NO** Short term goals were used to promote individual improvement in students' fitness and skills.
- YES NO** Challenges were used to motivate students throughout the lesson.
- YES NO** Positive/specific feedback was provided to students at a ratio of at least 3 to 1 over corrective feedback.
- YES NO** Cooperative behavior and good social skills were reinforced.
- YES NO** I showed enthusiasm about physical activity and students during the lesson.

Score: (# YES responses)