

STRATEGIES CHEAT SHEET

Organization and Management

- Distributing and Collecting Equipment
- The Old 1-2:
- Principle of 3s
- Transitions
- Pinnies Rule
- Start and Stop Signals

Giving Instructions

- The object is... You do that by...
- The 80/20 Rule
- When Before What
- Student's Name Followed By Feedback
- 3 to 1 Ratio
- Individualize
- Minimize distractions
- No surprises

Increasing MVPA (50% or more)

- Look for Movement
- Non-Elimination
- Be Line Conscious!
- Individual/Partner/Group

Challenge by Choice

- Activity From the Get-Go (the "A" in BASICS)
- Progression
- Self Challenges
- Teach it Again
- Student Helpers
- PACE Activities
- Add 1 for Fun
- Step Back