

Building Character, Community and a Growth Mindset in Physical Education

Webinar Overview

- **Purpose and Research**
- **Building Community**
 - Y-Charts
 - Teams
 - Motivators and Warm-ups
 - Praise and Encouragement
- **Character Building Activities**
 - Focus words, reflection scenarios
 - video clips, reflection
- **Teambuilding**
- **Growth Mindset**

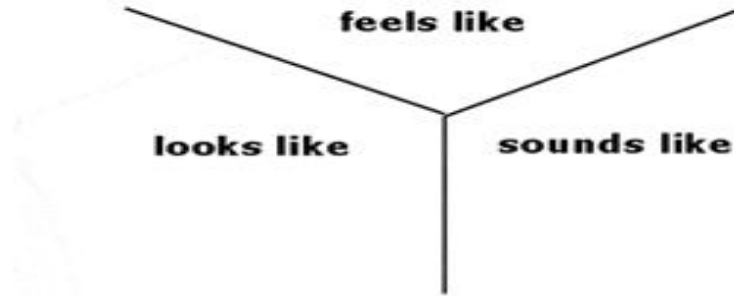
Research Based and Best Practice!



Purpose and Research

- **Ultimate purpose of Physical Education**
- **Current Health Trends, Past Physical Education trends**
- **Research**
 - **Margaret Heffernan in her TED TALK in June of 2015 says “*what motivates people are the bonds, loyalties and trust they develop between each other*”**
 - **Daniel Gilbert, author of “Stumbling into happiness” In this book he states that “*the best predictor of Human happiness is developing human relationships.*”**
 - **Clemson just won the college football national championship. Before the game Dabo Sweeny, Clemson’s coach, said that he told his players that “love” would win the game on Monday night, talking about the love that his players and staff had for one another.**

Y-Charts



As a group, please discuss the following questions:

- **What does teamwork look like?**
- **What does teamwork sound like?**
- **What does teamwork feel like?**



Teams

- **6-8 students/team**
- **Team Pacts**
 - Listen to each other
 - Don't goof around
 - Say nice things to each other
- **Each team comes up with their team name**
- **Each team has the same roles. For example: guard, forward, center, manager, captain, coach**



Greetings

To establish that sense of belonging and that feeling of significance, teachers we need to make sure that all children know that they matter and are valued regardless of their athletic ability.

- One Student Greet
- Two Teams Greet
- I'm never going to break my stride
- Secret Handshake
- Large Group Greetings
- Team Break and Cheer



Community Building Warm-ups

The purpose of the warm-up is to get the body physically warmed up for class and provide fitness experiences while having fun and strengthening connections. These warm-ups are unique in that they are done in teams, rather than in traditional large groups. This puts the focus on developing team spirit and community.

- MIRROR MIRROR IN MY GYM
- MAY I ASSIST YOU LARGE GROUP
- FROZEN TAG ONLY TEAMMATES CAN UNFREEZE



Praise and Encouragement

- Encouragement
 - Modeling
 - Brainstorm encouraging phrases
- Praise
- Finding the good in others and telling them!
- Specific praise



Example of specific praise:

Don, I think you are thoughtful because whenever I miss a basket you always encourage me tell me to keep trying.

Character Education

“Children are 25 percent of the population but 100 percent of the future. If we wish to renew society, we must raise up a generation of children who have strong moral character. And if we wish to do that, we have two responsibilities: first, to model good character in our own lives, and second, to intentionally foster character development in our young”. -Thomas Lickona, Character Matters (200

- **Video Clips**
 - Middle school football team:
- **Reflection Scenarios**
- **Focus Words**
- **Inspirational Sayings**
- **Reflection**



Video Clips

We know learning is strengthened when emotions are involved. Short video clips demonstrating focus words are powerful visuals and provide real-life examples of the desired character traits we are trying to teach. Many of the people involved in the videos are children which allows students to connect with the situation better.

- **JUNIOR HIGH FOOTBALL**

https://www.youtube.com/watch?v=0Ejh_hb15Fc

- **Take a walk and talk and come up with at least two specific examples of kindness**

Focus Words

The purpose of the focus word is to allow students to bring meaning to words that are essential in developing good character. What do these words mean and how do they apply to our lives?

Kindness: Consideration of others and a willingness to help others.

- What are some ways you can show kindness to your teammates?
- Can you be kind to your opponent? How?
- If you are a kind person what do you think others think of you?
- What are some ways we can be kind to our parents or to our teachers?
- How does it make you feel when someone is kind to you?
- How does it make you feel when you show kindness to someone?
- Lets all try one act of kindness sometime today!

Reflection Scenarios

Recognizing Someone Needs Help

- *kindness, initiative, integrity*

On Fridays the sophomores on the varsity soccer team are in charge of making sure all the equipment is gathered and put away. On one particular Friday, Cate was the only sophomore that was able to attend practice due to a school event. After practice, while the girls were packing up ready to head home for the weekend, Cate headed out to the field to start gathering all the equipment. Lizzie, a senior on the team, anxiously started walking to her car ready to begin the weekend. When she looked back to say goodbye to her coach, she recognized Cate was on the field cleaning up all by herself. Lizzie set down her bag, ran out to help Cate, and encouraged the rest of the team to do the same. What could have taken twenty minutes for Cate to clean up alone, only took five because her teammates pitched in to help.

Reflection Questions

- What were some character traits that describe Lizzie?
- How do you think Cate felt when Lizzie took the initiative to help, without being asked?
- What do you think the rest of the team thought of Lizzie when she set down her bag and went out to help?
- Did Lizzie teach the team a lesson? What do you think it was?
- Would you have taken the time to help Cate?

Inspirational Sayings

Allow students to construct the meaning of the posters and inspirational sayings that often cover school walls. There is very little meaning to these wall coverings unless we take the time to go deeper.

**You miss
100%
of the shots
you don't take.**
- Wayne Gretzky

- What does this saying mean?
- Give specific examples of how it relates to a situation in physical education or in your lives.
- Now that you understand this saying, how might it affect your actions or thoughts in the future?

Team Building

- Fun, engaging way to build a growth mindset and emotional intelligence
- Participants learn how to collaboratively and positively work through failure



Growth Mindset

- Michael Jordan 30 second video on failure
<https://www.youtube.com/watch?v=9zSVu76AX3I>
- Teaching Growth Mindset through goal setting, evaluation, reflection

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Contact Information

Get 25% off *Building Character, Community and a Growth Mindset in Physical Education!* Visit www.humankinetics.com and enter promo code L1204 at checkout.

Available for workshops, seminars and inservice programs

- leighanderson@comcast.net
- donnyg728@gmail.com

