

C l a s s r o o m

Z d e n k o

C E P



C o n t e n t s :

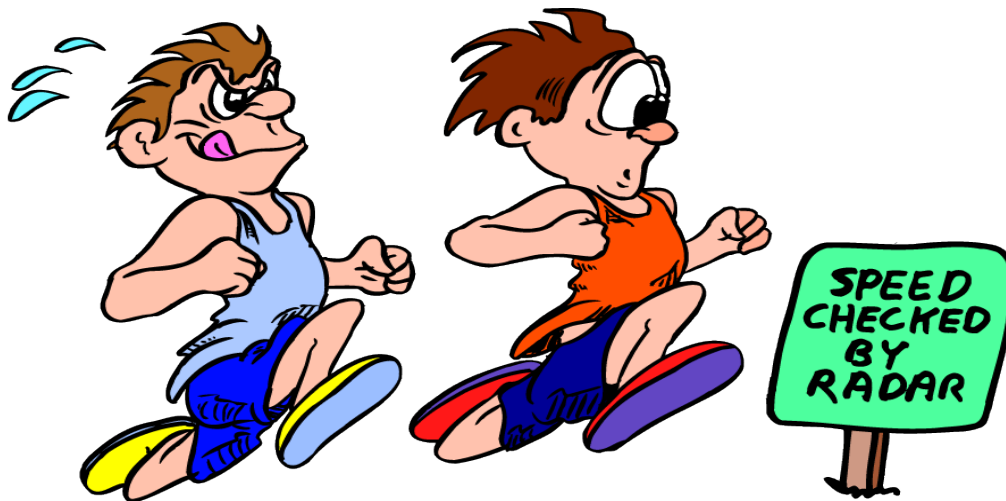
1 I n t r o d u c t i o n

2 M e t h o d s

3 D i s c u s s i o n

4 C o n c l u s i o n

5 R e f e r e n c e s



I n t r o d u c t i o n

“About school, Dominic says: “School sucks! It’s the worst enemy I have. They make me do stupid reading” (from Module 5-Daring Dominic). The old concept of school discipline, which would concentrate on Dominic’s misbehavior, is replaced today with a concept of classroom management, which emphasizes the methods of creating positive learning environments that facilitate responsible student behavior and achievement. Classroom management is a term used by teachers to describe the process of ensuring that classroom lessons run smoothly despite disruptive behavior by students (from Wikipedia).The term also implies the prevention of disruptive behavior. So the classroom management is about creating a learning environment where all students feel safe and comfortable and where their academic and social needs have been met. Research clearly indicates that teachers are the single most important factor affecting student achievement. Research also supports the fact that classroom management skills are perhaps the most important set of teacher skills influencing student learning. “Teachers’ skills in creating safe, supportive classroom are a major factor influencing students’ motivation, achievement, and behavior” (Jones & Jones). Successful classroom management plan consist of many elements like classroom procedure, instructional methods, and so on. Although, they are not the only classroom elements, here are some elements I believe are very important in designing an efficient classroom management plan for a Physical Education Class.

M e t h o d s

1 C l a s s r o o m To support a safe and positive learning environment we (students and teacher) will create behavior expectations and standards in the classroom. The students will help me out in making a list of standards they believe are important. The classroom rules will be taught, practiced, and re-taught when students fail to follow these guidelines. I will work with the students to ensure that they understand and can demonstrate rules and procedures. There will be posted rules on the walls in the gym, and every student will receive a copy of classroom procedure for them to keep. Each student will receive a copy of classroom rules to take home and the last page must be signed by a student and a parent/guardian and returned to start receiving credit for the class.

S a f e t y Safety is the number one priority. Students cannot be engaged in harassment, bullying, fighting or any other activities that infringes on the physical or psychological safety of others and their own as well. A t t e n d - The students must wait in the locker room before and after class.

The teacher will dismiss students to the class and the bell will dismiss them to their next class.

Students need to ask for permission to leave the locker room. After being dismissed to the physical education class, student must find an appropriate spot for attendance. If a student is late and the teacher has already passed up student's spot in the attendance line, the student must still go to his/her spot. Student must wait until teacher is finished and raise his/her hand to let teacher know that he is there. Students cannot leave their spot during attendance. The Teacher dismisses them from the attendance line. R e c o m m e n - For the safety of the students, tennis/athletic

shoes should be worn during physical education class. Hard-soled shoes, clogs, crocs, boots, sandals, and high heels are unsafe. Mohave HS green PE shorts (may be substituted with a solid black or green pair as long as length is appropriate according to school rules) and Mohave t-shirts must be worn. If student is cold, sweat pants or jogging pants and sweatshirts might be worn instead, as long

as they are school appropriate. If student(s) do not have money to buy physical education uniform they can borrow a set from the teacher but they need to sign the contract for taking care of it and returning uniform at the end of semester. **E q u i p m e n t** All students have the right to work in an environment in which property and equipment are not stolen or damaged. Whenever students enter the gymnasium and the equipment is set up, they are expected to follow directions and not to touch anything. Whenever the students are asked to stop an activity, they must put the equipment down on the floor and leave it alone. The students are expected to be self-responsible, cooperative, return equipments to the proper place at the end of class, help others, and act as role models. **N o n P a r t i c i p a n t** If a student needs to be excused from physical education class because of injury or illness, an excuse signed by a parent or guardian should be sent to the teacher. Excuses after five consecutive days must be signed by a doctor. If the student has pre-existing condition (like asthma, allergies, diabetes, heart problems) that should prevent normal participation in physical education class, a health form provided at the beginning of the year should be returned to the teacher.

E m e r g e n c y In case of an emergency (fire, lock-down) the students will follow the procedure that is already in the school handbook. The importance of following teacher's or administrator's directions will be emphasized to assure the safety of all students. Emergency procedure will be taught and practiced step by step and emergency route will be clearly marked.

C o n s e q u e n c e s The students will understand that the classroom rules apply to them and the teacher will be consistent in enforcing them through the year. If students break the rules, it will result in one or more of the following consequences: verbal warning and discussion about their behavior, loss of points, after school detention, in school suspension, letter or call to a parent/guardian, and a write up. In case of severe inappropriate behavior as last level of consequence a student will be sent to the office. Student will be encouraged to accept responsibility for their own behavior and the

teacher will help them in developing a plan to make sure the behavior doesn't occur again. I believe in second chances and giving a student time to calm down and think about their behavior.

2 T e a c h e r e n t The teacher-student relationship in physical education class will be based on mutual respect and support. This will be achieved through open communication and emotional and academic support that will exist between students and teacher. Especially in diverse classroom where many students are from different backgrounds, I want to create an environment where students are not and do not feel that they are treated unfairly. I will not label students or assume their academic ability on the way they look or act. Here are some of the strategies I will employ to assure that positive teacher-student relationship occurs in physical education class.

R o l e - I will set an example of a positive and acceptable behavior in the classroom. I will model respect, teamwork, sportsmanship, and the other aspect of proper behaviors I want to instill in the classroom. The students will be treated with respect and dignity and with a genuine concern for their success, safety and well-being. I will speak about students positively to others and avoid unfavorable comparisons or put downs.

P e r s o n a l At the beginning of the school year each student will receive a personal letter from me welcoming him/her in my class, and informing them about upcoming year. The personal letter builds and promotes a child's sense of being cared for and lets them know that I took some time out to think of them. Throughout the school year, students will keep receiving personal letters to inform them about their progress and success.

G r e e t i n g Every day most of the students will be greeted by their first name, smile and some general comments or questions to ensure that students feel welcome to the class.

I n d i v i d u a l There will be a time set aside everyday in the class to get to know the students in one-on-one situation. This will be the opportunity for the teacher to get to know each student better; his/her background, and interests, how they spend their time outside school, and so on. Another idea that I might implement is to have a sign-up sheet if students want more individual time with me and have a lunch with

them. **P o s i t i v e** -The students will receive a regular positive feedback that is specific, genuine and brief. Instead of focusing solely on the misbehavior in the classroom, I want to focus on the good behavior and attitudes in my classroom. **Students' activities**- to show them that I really care about them as students and individuals I will attend as many activities as I can. If they play sports or are involved in other activities like drama or band, I will show my support by attending those events. I will also participate in some of the athletic competitions between students and teachers or other activities like dance to show them that I enjoy the time spent with them. **Students' input**- I will show them that I value their opinion and input by asking them questions listen to their opinion and implement some of their ideas in the classroom procedure or lesson plans. **Expectations** I will set high expectations for myself and students, but I will also show them that I believe and trust them. In order for the students to meet those high expectations I will ensure that they have an opportunity to be and feel successful with the easy tasks first and then progress to more difficult tasks.

3 T e a c h e r - p a r e n t Parents and guardians are the most important and influential adults in students' lives (Jones & Jones). Children's academic success is greatly enhanced when teachers work effectively with their students' parents or guardians. Throughout the school year I will use a variety of communication methods to build and maintain good relationship with parents.

I n t r o d u c t i o n The first week of school students will get an introduction letter from teacher to take it home to parents. In the letter I will introduce myself and tell them that I think that their influence and good teacher-parent relationship are crucial for students' success at school. **O p e n H o u s e** This is a great opportunity to meet the parents in an informal meeting. When parents come to the open house I will present a simple PowerPoint about myself, important phone numbers, e-mail address, instructional methods, procedures and expectations. I will also have a folder for each parent with the above mentioned information to take home with them. **P h o n e** Although the

most calls made home are for students who are not doing what they are supposed to do, I will also set aside a time during my prep hour or after school to call the parents of students who are performing well in my class. I believe it is very important to contact parents with good news regularly. T e c h n - Another great way of staying in touch with the parents is using the technology (e-mail, school web page, school edline). The school edline allows parents an access to students' grades, progress report, and to see syllabus and all the assignments or home work. I plan on creating a web site that will include following: important numbers; e-mail address; short biography of myself and picture; overall explanation of what will be taught; grading system; expectations and goals and helpful Web sites. P a r e n t - Parents conference will give me a chance to provide parents with a record of student's academic progress and behavior. I always start a conference by saying something positive about the student. Every student has strengths that are worthy of being recognized. Then I proceed with the conference by presenting students progress and I give each parent an opportunity to voice concerns. Everything will be recorded and parents will be presented with the objective data of their child's academic and behavior progress. P r o g r e s s r e p - The parents will receive progress report every six weeks. A progress report will include student grade and also description of students' strength and areas that need improvement.

I n t e r a c t i v e - Besides the common methods of communicating with parents, I plan on having an Activity Night each semester as a fun way to share my curriculum and give parents a peek into our gym activities. The students will be in charge of collecting ideas, making "lesson plan" for that night and running the event. So, during regular hours throughout semester there will be time put aside for students to come up with the plan and to practice for that night. They will send invitation letter to all parents with the date, time and description of the event. For that night we will do some instructional activities and after that make teams (parents vs. students) and compete in a friendly match focused on having fun and good time. I will talk to parents afterward and offer some

suggestions on how parents can encourage their children to be physically active. **O p e n** - High school is so much different than elementary school and high school parents hesitate to volunteer in their child's classroom. However, I will make sure that they know they are always welcome to come in and observe me teaching. Of course, they have to follow school procedure of going to the administration office first, signing in and getting a name tag.

4 S t u d e n t I will strive to create a learning environment where each student feels valued, cared for, and supported by others in the school community. If the school feels like family to them, students show a host of positive outcomes. These include higher educational expectations and academic performance, stronger motivation to learn, greater social competence, fewer conduct problems, reduced drug use and delinquency, and greater commitment to democratic values (Jones & Jones). Here are some strategies I will implement in my classroom to ensure good student-student relationship and positive learning experience for every student.

R e s p e c t In order for everybody to feel welcome and safe in physical education class, students must show respect to their classmates. The put downs and making fun of other will not be tolerated. Peer respect, tolerance and consequences for being disrespectful will be clearly stated in the classroom procedure and all students are expected to follow them. For the students lacking social skills and ability to follow the procedure, I will make individual behavior plan, so the students can practice and gain an understanding of importance of respect for positive learning experience of all students.

G e t t i n g - To have students feel more relaxed and comfortable in the classroom, which will enhance positive learning experience, we will do some activities where students get to know each other better. One of the activities that I implement in my class is "introduce a partner" game. For each activity, students have to pair up with different partner, find out something about the partner and share that info with the class. **S t u d y** - I will plan lessons with a lot of group activities to give the students an opportunity to work together and help each other. Throughout

school year we will cover different sports and activities. Some students will have good skills in one sport or activity, but not so good skills in other sports. Working with other students in the pair, group or team will give them opportunity to communicate, work together, help each other, and be a leader and so on. For example, I make a warm-up leaders list where students can sign up to lead warm-up at least once a month. Two students have to work together to come up with a different warm-up activities and lead the class first 10 minutes. C e b r a t e - I want to create learning environment where all the different personalities, looks, beliefs will be respected and accepted. Each student has unique personality and each student brings his/her uniqueness to classroom. Creating an environment where students feel comfortable in sharing their strengths and expertise with the peers will benefits all students in the learning process. I will make a list of all the activities we are going to do in physical education class and give the students a chance to put their name next to the activity they believe they can perform well enough to help out their peers. Having diverse student population (Hispanic, White American, African American, some Middle-Eastern students) I will provide opportunities for the students from different ethnic group to present their culture to the rest of class. My background is from former Yugoslavia and I often include stories from my childhood or say some words in Croatian language and most of the students respond positively to that and want to learn more. I believe that incorporating some of the "cultural lessons" will improve student-student relationship as they gain better understanding and more respect for their classmates.

5 I n s t r u c t i o n Effective classroom management is closely related to effective classroom instruction (Jones & Jones). Students' behavior is related to the degree to which they believe the instructional methods meet their academics needs. If the instructions are not clear, interested, challenging and encouraging, how can we expect the students to be on task and show appropriate behavior? Here are some aspects of the instructional methods in physical education class I believe

can help in keeping students motivated to learn. **L e a r n i n - g** Although in physical education class I am in one way limited with the range of instructional activities due to the gym setting I will try to use different instructional methods to match the students' learning styles. Most of the time, I will use teacher-directed method (probably the most common practice) with a short lecture followed by demonstration and student application. The students will have opportunities to work individually, in groups and as a team. There will be a white board for drawing and showing for example volleyball court and different positions on the court. Students will sometimes get hand-outs with the pictures and the steps for proper technique, body movement and so on. The technology will also be used in the gym to show the movement or games on the TV/computer screen. Student will be able to use numbers, to make a chart and create posters. They will have an opportunity to work on sport and health research projects, current exercise and fitness trends, and then share their findings with the class. **S t u d e n t** - The students will be involved directly in the instructional activities through pre-planning activities, warm-up leaders and peer tutoring. At the beginning of school year, students will have an opportunity to give me their input on what activities they would like to see in the class. Each student will have a progress card where they can mark and follow their improvement throughout the school year. **F r e e** - In order to keep the students motivated throughout the instructional activities, students will have some free time, after pre-planned activities, to do an activity of their choice, time permitted. **F u n** - Some of the reasons students misbehave are being bored and not being challenged. With today's technology, there are thousands and thousands examples of fun activities that are available to the teachers with the simple click on the keyboard. I will base my instructional methods on the fun activities to keep student motivated and involved. I will also make sure that students get challenged by matching their skills' level with the appropriate drills and activities. **S e t t i n g** - At the beginning of the school year, I will help the students examine their current performance/skill level. The students will

use and non-participation will help to ensure a safe, caring, and more effective learning environment. The research literature indicates that students have higher achievement and engage in fewer behavior problems when they have a positive relationship with their teacher” (CHAMPS). I will treat my students with respect and give them emotional and academic support. Most students see a teacher as a role model. They look up to him/her and copy their behavior. The teacher is a leader and if the teacher sets an example of a positive and acceptable behavior in the classroom, students will follow. Sport coaches are the most influential people in young athletes’ lives (Malina, Bouchard, Oded Bar-Or). We have to model respect, teamwork, sportsmanship, and other aspects of proper behavior in order to instill those in the students. Greeting students, giving them individual time and showing interest in their thoughts, feelings and activities shows them that we care for them and value them as people. Last year I had a “tough student” in my advance PE class who was out of control and always in trouble. Instead of focusing on his misbehavior, I took a different approach with him. I would play basketball either with him on my team or the other team or sometimes played one-on one. After the games we would talk for five or ten minutes about the game, school, his life, and his future plans. As the relationship between us two improved so did his behavior. He felt noticed and valued and was motivated to engage in appropriate behavior. “When done well, positive feedback confirms for students that they are on the right track and increases the probability that they will strive to demonstrate the same behaviors in the future” (CHAMPS). The focus of feedback should be on positive behavior with specific, brief and accurate feedback. Students love to see their teachers coming to the after school activities and show the support. They know that this is teachers’ free time and the most of them have family, but still find a time to come and support the teams. The message teachers are sending is that they care for students. Nothing improves teacher-student relationship better than a fun competition or a dance. We regularly organize tournaments in volleyball, tennis or dodge ball and

dance night and everybody enjoys those events. According to Jones & Jones “this is an excellent way for us to show our humanness and to demonstrate that we enjoy our students”. T e a c h e r p a r e n t I believe wholeheartedly that a child’s academic success is greatly enhanced when teachers and parents are partners in the process. They are two important pieces of a puzzle (student’s success) and a good teacher-parent relationship will help in putting those pieces together. “Even at the secondary level, parents’ attitudes toward school dramatically affect students’ feelings and behaviors” (Jones & Jones). The variety of community methods will help me build a good relationship with the parents. Parents who feel welcome and respected are more likely to encourage student achievement and support a teacher if problem arise. Implementing all the methods we show them that they and their child are important to us. During parent conference and open door visit parents will have an opportunity to give me their input on the classroom management. Just like the teachers, parents also play influential role in students’ lives. Organizing some activities together with students, parents and teachers sends a message that we care for each other and brings us all close together as a community. S t u d e n t e n t “Classroom with supportive friendship patterns enhances academic learning” (Jones & Jones). Research shows that students will learn more effectively and behave more responsibly in the classroom where they feel valued, cared for, and supported by other students. Students who respect others and receive respect from others are more likely to feel safe and cared for and more likely to succeed in school. “By implementing activities to enhance positive peer relationships, we increase the likelihood that wide range of peers will be accepted and supported and we decrease the likelihood that bullying, intimidation, and isolation will be experienced by students” (Jones & Jones). With implementing getting to know each other, study buddy methods and by respecting individual differences I hope to create a positive learning experience for all students. I believe that cultural differences are what make this country rich. By creating an open-minded learning environment where those differences

are accepted and celebrated, we will increase respect to the cultural differences and better learning experience. **I n s t r u c t i o n a**How effective classroom management will be depends a lot on how effective classroom instructions are. As teachers we have to consider different aspects of instructional methods to increase students' motivation and learning. According to Howard Gardner there are at least eight forms of intelligence or methods for understanding and learning. He suggests that we can serve all students more effectively when we create classroom environments that allow students to learn and demonstrate their knowledge using multiple forms of intelligence. Using different instructional methods during a physical education class will assure that learning and understanding took place for most students. Getting students involved in instructional activities and setting their own goals will enable students to experience a sense of understanding and controlling their own learning while incorporating their own interest. If we want students to stay focused on task and behave we have to make the activities fun and challenging. To make sure that they get challenged we have to match their skills' level with the appropriate drills and activities (Malina, Bouchard, Oded Bar-Or).

C o n c l u s i o n

Classroom management is using different strategies for creating positive, supportive, respectful environments that encourage all students to view themselves and learning in a positive light. Research supports fact that classroom management skills are perhaps the most important set of teacher skills influencing student learning. There are so many factors or skill areas involved in effective classroom management. With the help from Jones & Jones, CHAMPS, and other textbooks and websites I designed the classroom management plan that, I believe, will create a safe and caring

learning environment for all students in my class. As stated in Jones and Jones, the classroom management plan will not completely eliminate behavior problems but will probably decrease them. Here in Arizona, most schools start second week of August and I believe that by implementing some of the ideas presented here will help me create better learning environment for my students. Although, I did not discuss them in here there are other factors like grading, reinforcement, teachers' background and students' background that are important in creating effective classroom management.

R e f e r e n c e s

- 1 V. Jones, L. Jones 2010. *Comprehensive Classroom Management, Creating Community of Support and Solving Problems*, ninth edition, Pearson Education Inc.
- 2 R. Sprick, 2009. *CHAMPS, A Proactive & Positive Approach to Classroom Management*, second edition, Pacific Northwest Publishing Inc.
- 3 R. Malina, C. Bouchard, O. Bar-Or, 2004. *Growth, Maturation and Physical Activity*, second edition, Human Kinetics
- 4 D. Thomas, J. Kotecki, 2007. *Physical Activity and Health, An Interactive Approach*, second edition, Jones and Bartlett Publishers
- 5 Wikipedia.org
- 6 H. Gardner, 2000. *The Disciplined Mind: Beyond Facts and Standardized Tests, the K-12 Education that Every Child Deserves*.

