

101 Tips

for New Physical Education Teachers

Welcome to the teaching profession! We hope these practical tips will help you better understand the day-to-day world of a physical education teacher.

For professional development and networking opportunities, be sure to join SHAPE America – Society of Health and Physical Educators.

Enjoy your new career!



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NASPE and the United States Tennis Association created the first *101 Tips for Beginning Teachers of Physical Education* in 2008.

Before the School Year Begins

1. Learn about your school's goals, policies and procedures.
2. Meet with the principal to determine expectations and goal setting.
3. Familiarize yourself with your school's overall curriculum, mission and vision.
4. Introduce yourself to other faculty, staff and school site employees. Get to know the cafeteria manager and custodial staff.
5. Create an instructional outline and annual plan for the school year.

Before the School Year Begins

6. Develop unit plans based on space availability and utilization.
7. Create developmentally appropriate, standards-based lesson plans.
8. Include appropriate warm-up activities, assessment and closure in your daily lesson plans.
9. Post the National Standards & Grade-Level Outcomes for K-12 Physical Education and your daily objectives in the gymnasium and locker rooms.
10. Create a developmentally appropriate, positive behavior-management plan.

Before the School Year Begins

11.

Be mindful of the master school schedule and calendar of activities.

12.

Check class sizes, complete an equipment inventory and identify needs.

13.

Conduct a facility inspection with your maintenance supervisor; report and/or repair safety hazards.

14.

Perform a safety check of all equipment.

15.

Organize your equipment and teaching materials.

Before the School Year Begins

16. Join SHAPE America's "50 Million Strong by 2029" initiative to improve students' health and physical activity.
17. Create a substitute-teacher handbook with updated lesson plans as needed.
18. Organize and update your professional library.
19. Become familiar with your school duties outside of teaching, i.e. bus duty.
20. Ask how your performance will be evaluated.

Before the School Year Begins

21. Identify students with medical needs, IEPs and 504 plans.
22. Become familiar with the school's emergency action and evacuation plan.
23. Meet the school nurse and develop a plan for responding to injuries.
24. Be sure that your first-aid, CPR and AED certifications are current.
25. Post all class rules where students can view them.

Before the School Year Begins

26. Create a positive learning environment (e.g., decorate bulletin boards, hang posters, create student-interest inventories).
27. Establish instructional spaces and stock up on necessary instructional materials (e.g., poly spots, lines, circles, cones).
28. Create an introductory letter to send home to parents.
29. Attend all required opening of school meetings.
30. Identify and meet regularly with a mentor.
31. Create a webpage for your classes on your school's website.

First Month of School

32.

Be prepared psychologically, physically and professionally.

33.

Display enthusiasm and energy.

34.

Introduce yourself to parents/guardians when they drop off their kids.

35.

Greet students at the locker room or gymnasium door.

36.

Think of a creative way to introduce yourself to your students.

First Month of School

37.

Use an ice-breaker activity so students get to know each other.

38.

Learn and use student names.

39.

Introduce classroom-management protocols beginning on the first day of class.

40.

Demonstrate and practice class rules and procedures in action.

41.

Explain your rationale for rules and the consequences of not following them.

First Month of School

42. Practice and discuss emergency action procedures (e.g., fire drills, lockdown drills).
43. Identify student expectations, activity interests and desires.
44. Explain assessment and grading criteria; send a form home to parents for their signature acknowledging class procedures.
45. Introduce themes and units to the students.
46. Set a timeline for physical education uniform sales and lock distribution.

First Month of School

47.

Monitor weather conditions and activities so students can acclimate to hot weather conditions.

48.

Learn the school's daily bell schedule.



“All kids in school should have uniforms...
and they should be PE clothes.”

— Dr. John Medina

Throughout the School Year

49.

Be respectful of all students enrolled in your classes.

50.

Be firm but flexible in your voice tone and body language.

51.

Create and maintain a positive learning environment.

52.

Vary your teaching strategies (e.g., circuits, stations, small-group practice).

53.

Communicate positive comments and concerns to parents frequently.

Throughout the School Year

54.

Cultivate working relationships with all school personnel.

55.

Send home SHAPE America's Teacher Toolbox monthly physical activity calendars.

56.

Develop a network of community-based partnerships.

57.

Promote physical activity outside of class (i.e., homework, before, during and after school programs).

58.

Identify and promote community-based physical activity resources.

Throughout the School Year

59.

Keep students actively engaged during class time.

60.

Plan for student demonstrations and exhibitions.

61.

Reflect upon lesson successes and weaknesses.

62.

Be a role model — practice what you teach.

63.

Teach activities that students have never tried, including dances, sports and games from other cultures.

Throughout the School Year

64.

Over-plan and always have a back-up plan.

65.

Differentiate instruction to meet the needs of all students.

66.

Assess student outcomes across the three domains of learning.

67.

Communicate student progress regularly, to both the students and parents/guardians.

68.

Assist students in setting personal goals and tracking their progress.

Throughout the School Year

69.

Deliver meaningful feedback to all students.

70.

Learn innovative approaches at workshops and conferences.

71.

Integrate other academic content areas into the PE lesson.

72.

Develop a support system (e.g., school nurse, psychologist, guidance counselors).

73.

Become involved with professional education organizations.

Throughout the School Year

74.

Network with colleagues when attending workshops, conferences and in-service trainings.

75.

Stay updated with professional literature (e.g., newsletters, journals, websites).

76.

Be an advocate for well-designed physical education programs.

77.

Use SHAPE America's Essential Components of Physical Education to advocate for well-designed physical education programs.

78.

Attend school-sponsored events.

Throughout the School Year

- 79. Showcase your program through newsletters, class websites, back-to-school evenings and morning announcements.
- 80. Be student-centered in all that you do.
- 81. Be consistent in discipline and class management.
- 82. Play music whenever possible.
- 83. Find ways to make lessons fun.

Throughout the School Year

84. Stay current with the latest technology to enhance learning (e.g., activity trackers, apps).
85. Identify additional sources of funding (e.g., PTA/PTO, local businesses, grants).
86. Invite administrators, school board members, parents and other teachers into your classroom.
87. Keep a list of needs for next year's budget.
88. Dress in professional physical education attire.

Throughout the School Year

89. Be innovative and flexible in the delivery of instruction and programs.

90. Teaching should be your number one priority in the school.



“We all speak ball.”

— Kevin Carroll

Best Practices

91.

Balance teaching expectations with other responsibilities.

92.

If something is not working, try a new approach.

93.

Address inappropriate student behavior issues immediately.

94.

Make your physical education class environment a place where students want to be.

95.

Collaborate with colleagues in other content areas.

Best Practices

96.

Become a Physical Activity Leader in your school.

97.

Always call students by their names.

98.

Advocate for the importance of physical education class as a curricular subject area.

99.

Always have a back-up lesson plan in case of unexpected schedule interruptions.

Best Practices

100.

Take care of yourself and enjoy the challenges of being a teacher.

101.

Be a lifelong learner.

Show your commitment to your profession.
Join SHAPE America and your state association!

About SHAPE America

SHAPE America - Society of Health and Physical Educators is committed to ensuring all children have the opportunity to lead healthy, physically active lives.

As the nation's largest membership organization of health and physical education professionals, SHAPE America works with its 50 state affiliates and national partners to support initiatives such as the Presidential Youth Fitness Program, *Let's Move!* Active Schools and the Jump Rope For Heart/ Hoops For Heart programs.

Since its founding in 1885, the organization has defined excellence in physical education, and our resources provide the leadership, professional development and advocacy that support health and physical educators at every level — from preschool to university graduate programs. For more information, visit www.shapeamerica.org.



“50 Million Strong by 2029”



“50 Million Strong by 2029” is SHAPE America’s national initiative to ensure that all of America’s students develop the skills, knowledge and confidence to enjoy healthy, meaningful physical activity.

For more information, visit shapeamerica.org/50million.