

Creating a Safe and Inviting Class Community

Follow the 4 C's ~

** **Create a supportive class community**, where ALL students feel and are welcome to learn and successfully participate. Respect, empathy, trust, acceptance while including everyone.

****Create routines**; from warm up routine to agenda and structure of lesson plan. Providing a visual agenda, learning objectives helps students know what to expect, especially for students with ASD (autism).

****Communicate**: to students using multiple learning styles (VAK- visual, auditory, and kinesthetic). Collaborate with PE teachers you are teaching and working with and classroom teachers of your APE students. Also remain connected with your schools, special ed IEP teams, administration, and parents of your students.

****Connections**: find a way to make a connection with each one of your students.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. Maya Angelou



Activities:

Elementary: Warm up dance: Options, possibly start with something fun, familiar, maybe a little silly. Examples: K-2+ "The Goldfish Song"

<https://youtu.be/Cg-wnQKRHTs>, Following directions by Mark D Pencil

<https://youtu.be/vVXWTgp-fa0> . A freeze dance is a must, helps practice, stop 🛑 and go 🚶 skills, for safety. The Freeze Song <https://youtu.be/2UcZWXvgMZE> (I only use the music , not the video) or music off/on.. Show and follow visual agenda, learning objectives for class. I use the "WHAT, WHY and HOW" visuals , The physicaleducator.com

Middle School and High School:

Warm up songs: Move and Freeze dance The Learning Station.

<https://youtu.be/388Q44ReOWE>, or Start and stop your own music. Other favorites.

Cha Cha Slide, Kidz Bop, The Sid Shuffle dance and tutorial (breaks it down) on youtube.https://docs.google.com/presentation/d/12Wnlw40Slqk5H4-TuJj6ts3ssvd9MvzImzKB_Wu0Sd0/mobilepresent?slide=id.p A virtual dance party room, copy and make it your own - thanks Jenn Hill for this one.

Activity: Title: "Dance Party , bring a friend", (virtual)

Each student is invited to bring someone or something in their home to dance along with; from a pet, sibling, parent to a favorite beanie baby, stuffed animal. 2-3 songs are played , with all students and their “friends” participating in the dance party.

This activity provides an opportunity for everyone to trust and share a little about themselves with their dancing moves/style and with who they bring to the “dance party”.

Students are also able to learn a little more about their classmates. Here is a National Standard 4 and 5-with the individual exhibiting responsible personal and social behavior that respects self and others. And the individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.