

ARTICLE:

Wallhead, T. L., & Ntoumanis, N. (2004). Effects of a sport education intervention on students' Motivational responses in physical education. *Journal of Teaching In Physical Education, 23(1)*, 4-18.

Who was studied?

- Two high school PE classes in England.
- One class of 25 students and one class of 26 students.
- One class received instruction using the traditional style of sport-based activity in teaching PE.
- One class received instruction using the Sport Education model of teaching PE.

What they said:

- The Sport Education-taught group reported that they enjoyed their PE classes - The Sport Education-taught students perceived that their effort in PE class increased and said that the Sport Education model represents a positive approach to PE for high school students.
- A task-oriented climate, in which each student is spurred to excel, is a positive for students in PE.
- An ego-oriented climate, in which individuals complete tasks to show that they are better than other classmates, can sour students' enthusiasm for PE.
- The Sport Education model can provide a space for self-improvement, choice and equity for students.

What we know:

- Motivation is a key factor in student learning.
- If students are motivated, they are more engaged and they learn or achieve more in class.
- Intrinsic motivation is key in PE.
- A task-oriented climate produces different effects in students than an ego-oriented climate.
- The Sport Education model provides an authentic sporting experience, and students have shown great interest when it is used in PE.

What we can do:

- Use the Sport Education model, along with other curriculum designs, to create meaningful engagement for students.
- Be conscious of what environment you are promoting as teachers. I.e., Do you challenge students to improve for their own benefit and satisfaction, or to be better than other students?
- Use student voice and choice to determine what they need from a PE experience in their environment and the context of your school.
- Find out what motivates your students in PE.