

# Organisation and classroom management in PE

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**PRIME PETE**

PRIMARY EDUCATION - PHYSICAL EDUCATION TEACHER EDUCATION



UNIVERSITY OF LUXEMBOURG  
Department of Education  
and Social Work



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# What is the purpose of a PE teacher?



## Question and answers !



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# CREATE PHYSICAL ACTIVITY HABITS !

IT TAKES 66 DAYS ON AVERAGE  
TO CREATE A HABIT



18

66



<https://youtu.be/ddvTFgzkS5M>



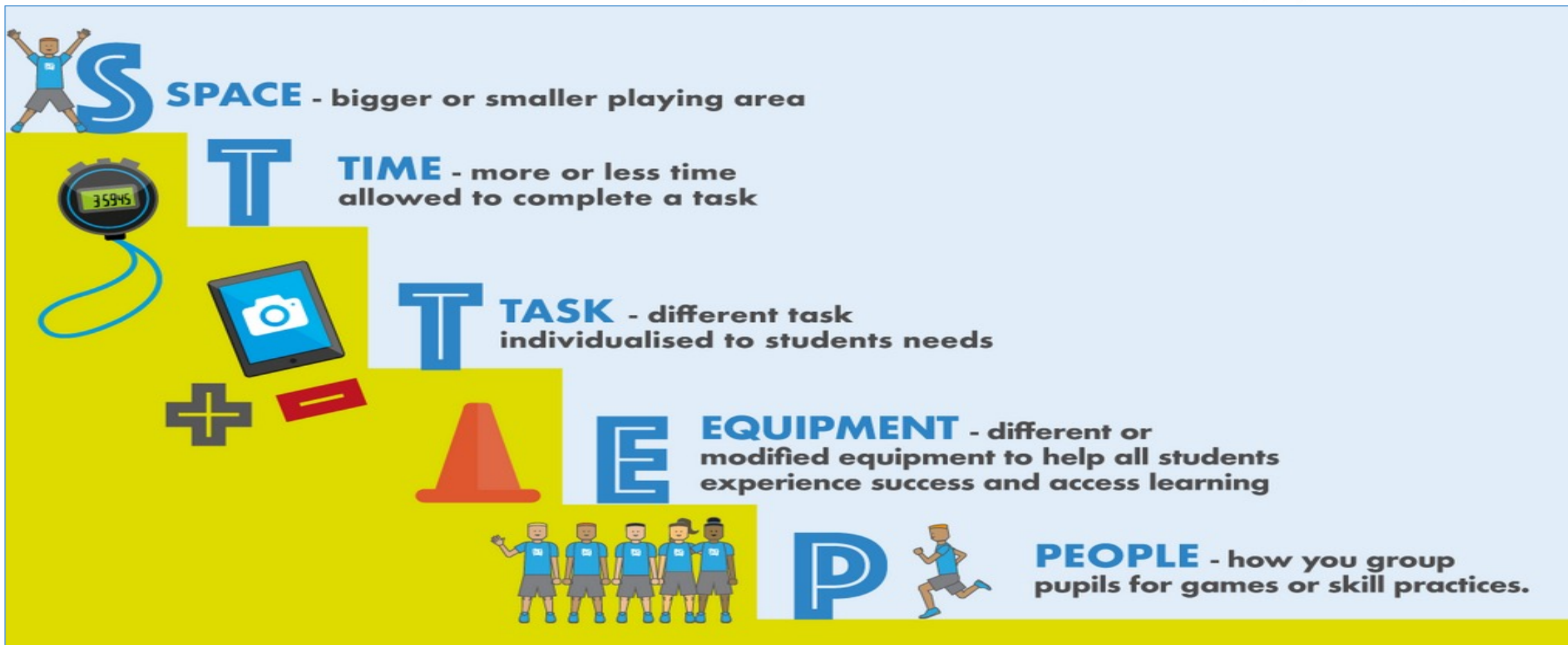
# Maybe this is you preparing your next PE class ...



# Tell me ... ! What do you need to organise in PE?



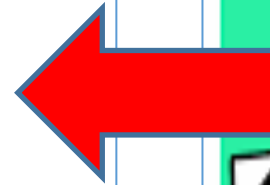
# We need to think about ...



# Classroom management also in PE?



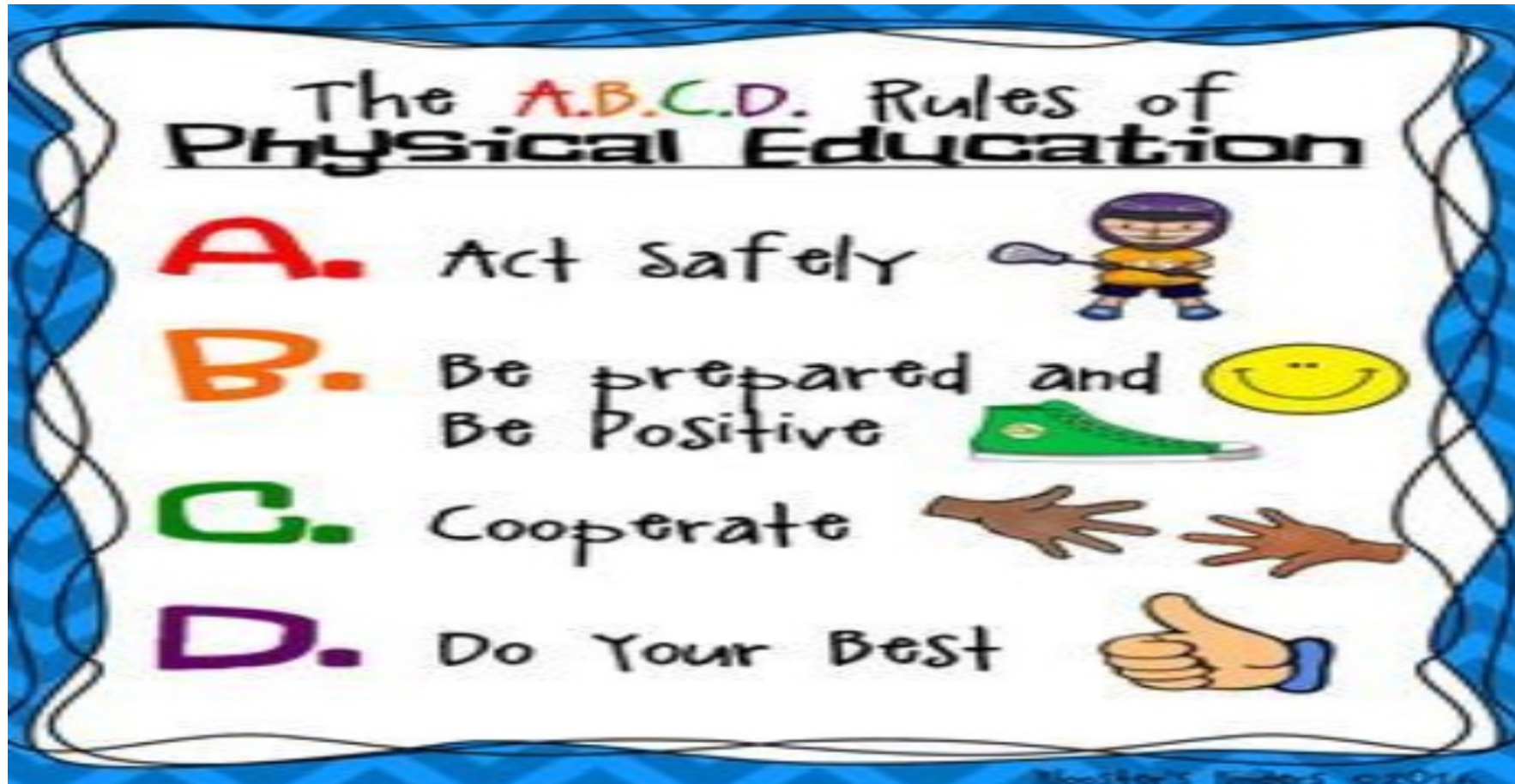
1. Clarity of rules
2. Use of time
3. Omnipresence
4. Safety
5. Handling of disturbances





# 1. Clarity of rules

Clear formulation, explanation, and enforcement of rules of conduct.



# 1. Clarity of rules (more examples...)



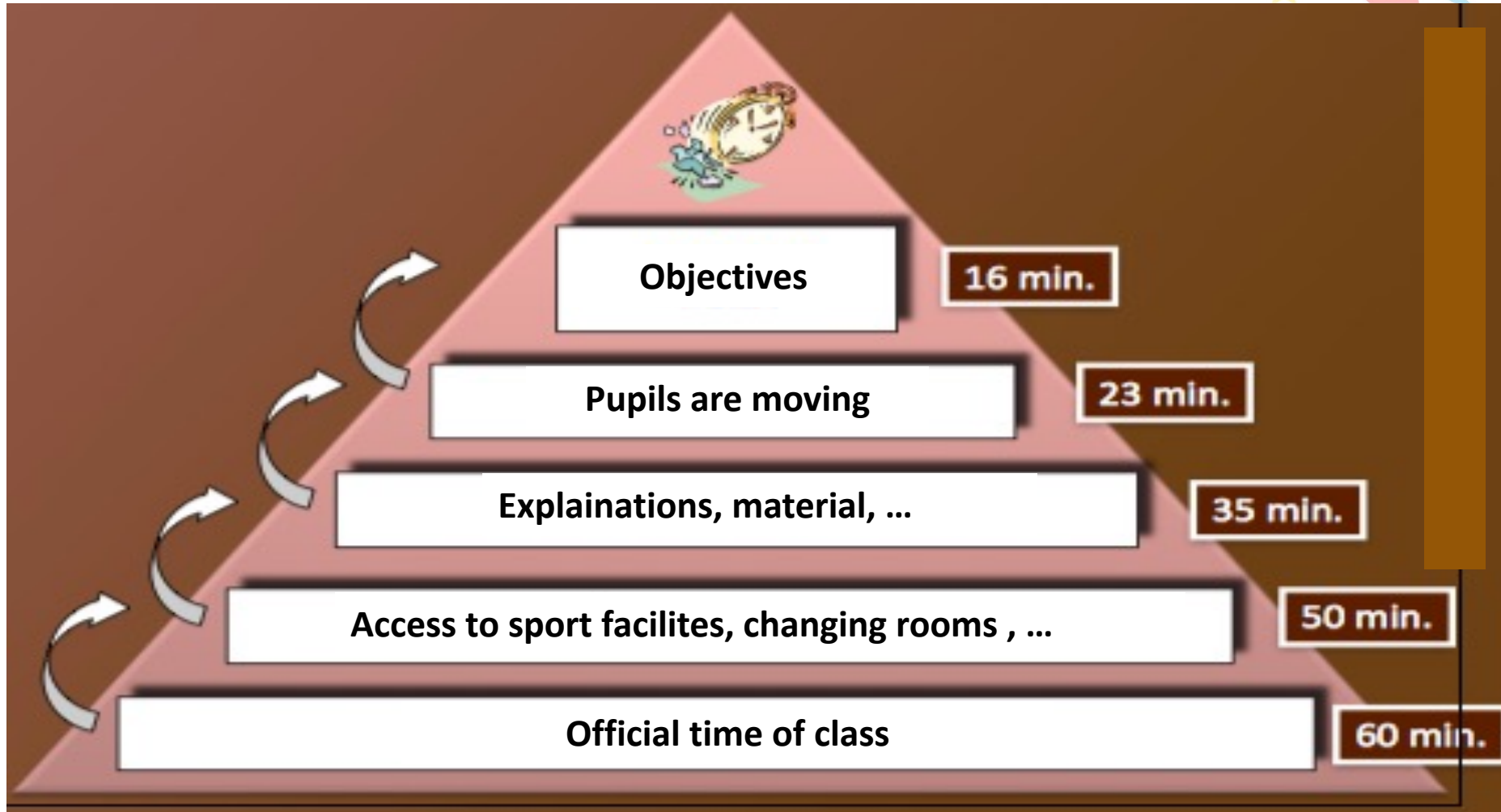
- **EYES** watching
- **EARS** listening
- **MOUTH** quiet
- **HANDS** to yourself
- **BRAIN** thinking
- **RESPECT** others
- **USE** equipment correctly
- **SAFETY** - Stop, look and listen

# 1. Clarity of rules (more examples...)



- C**ooperation: Use teamwork and show good sportsmanship
- H**ands: Keep hands and body parts to ourselves
- A**ttention: Enter and exit with a quiet body and voice
- M**usic: Play when played, freeze when stopped
- P**repared: Always wear sneakers and proper clothes
- I**nvolvement: Always participate and give best effort
- O**thers: Respect the teacher, environment and your classmates
- N**oise: Stop, look and listen on the whistle or music

## 2. Use of time ...



# 3. Omnipresence ...

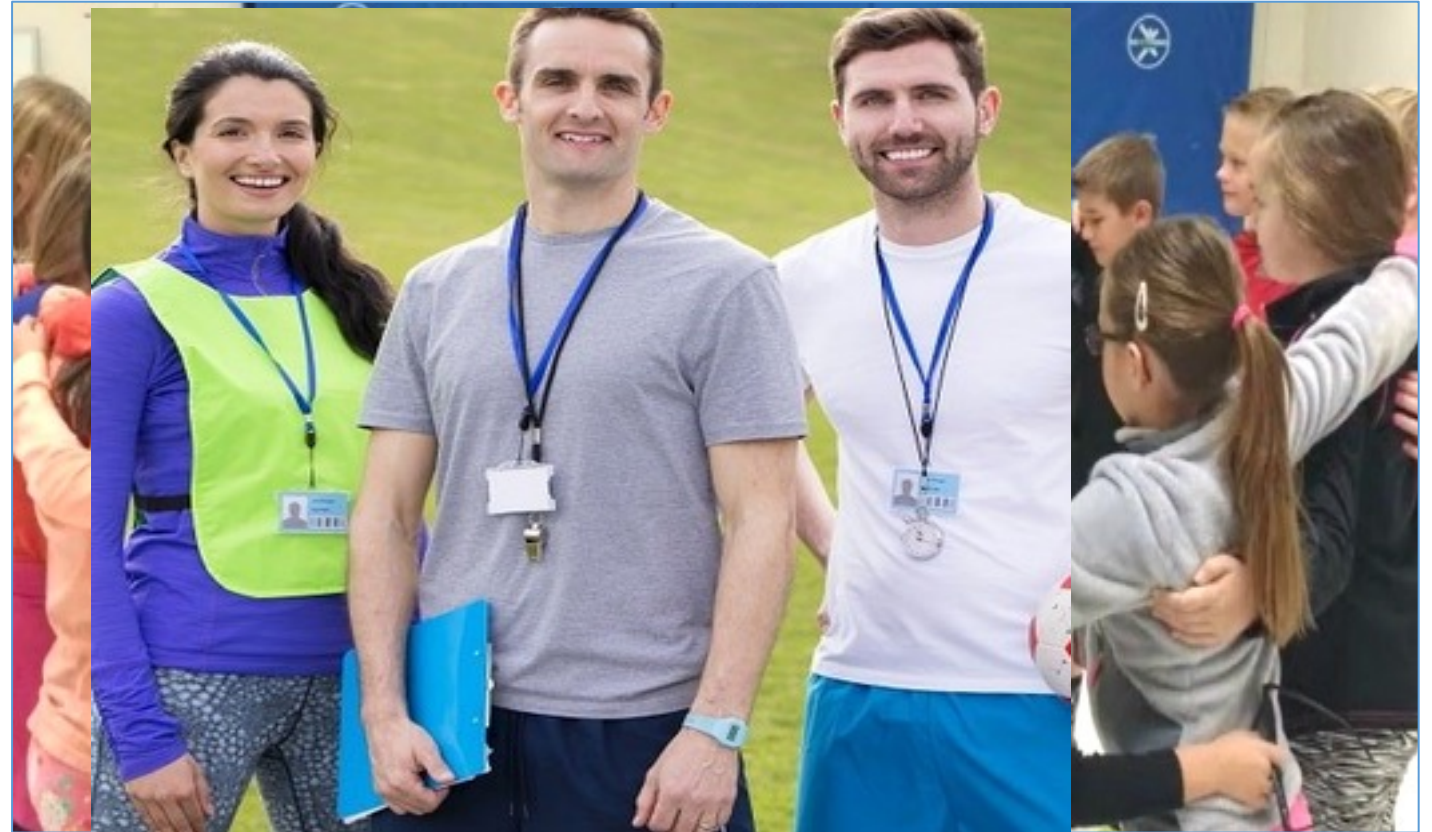
## What makes an effective PE teacher?



- Ability to work well with others.
- Excellent verbal communication skills.
- Leadership skills.
- Patience and the ability to remain calm in stressful situations.
- A fully alert and responsive teacher who oversees and controls classroom activities.

# 3. Omnipresence ...

- Create positive climate
- PE teacher 's concept of PE and personality



# Safety



- **Ensuring physical and emotional safety and correct use of material:**
  - Establishing equipment protocols
  - Equipment room
  - Avoid too much waiting
  - Assistance



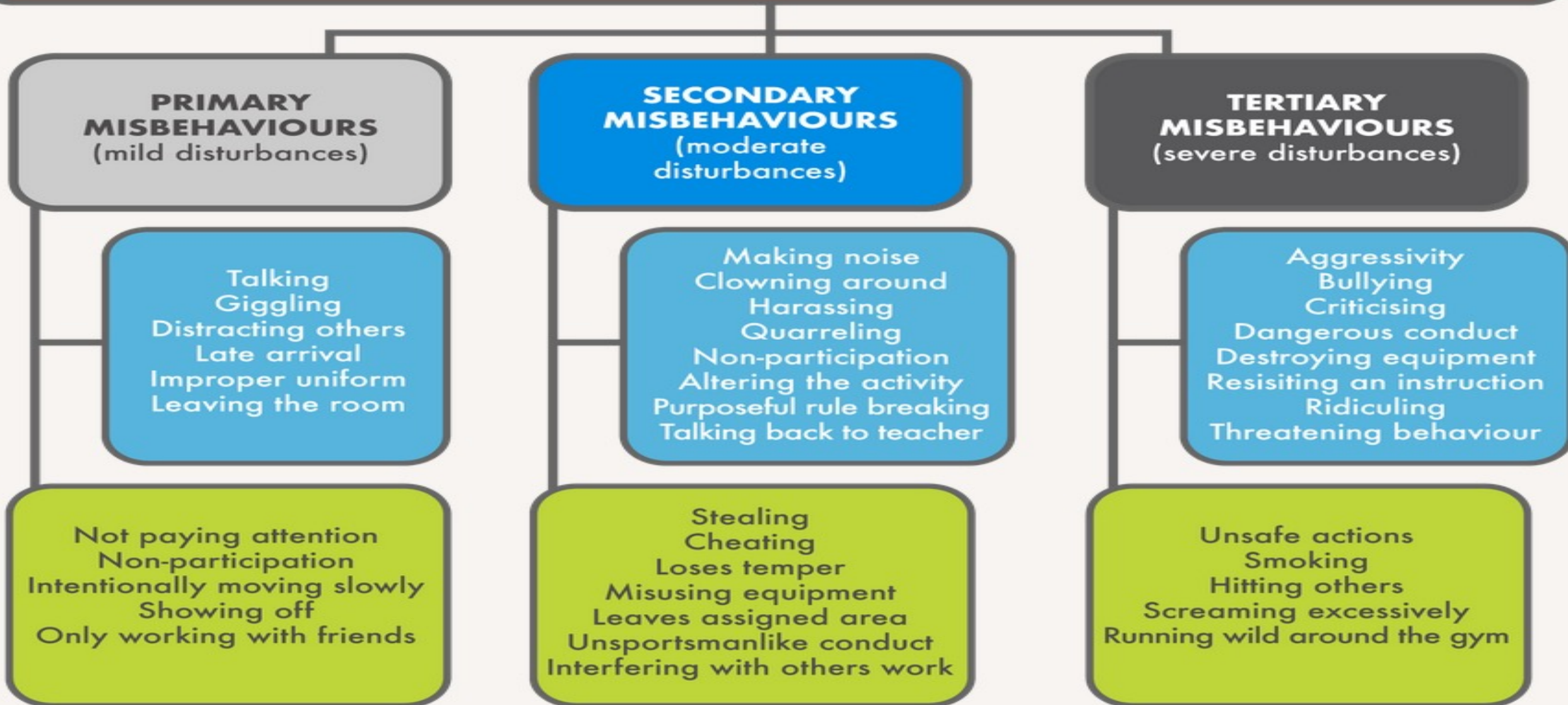
# Handling of disturbances

- Student misbehaviour is consistently regarded as one of the biggest concerns and challenges for PE teachers, especially novel teachers.
- The average teacher reacts to behaviour problems **approximately 87 times a day**, or **16,000 times a year**, which is likely similar in today's schools or even worse.





# PUPIL MISBEHAVIOUR



# Behaviour management strategies



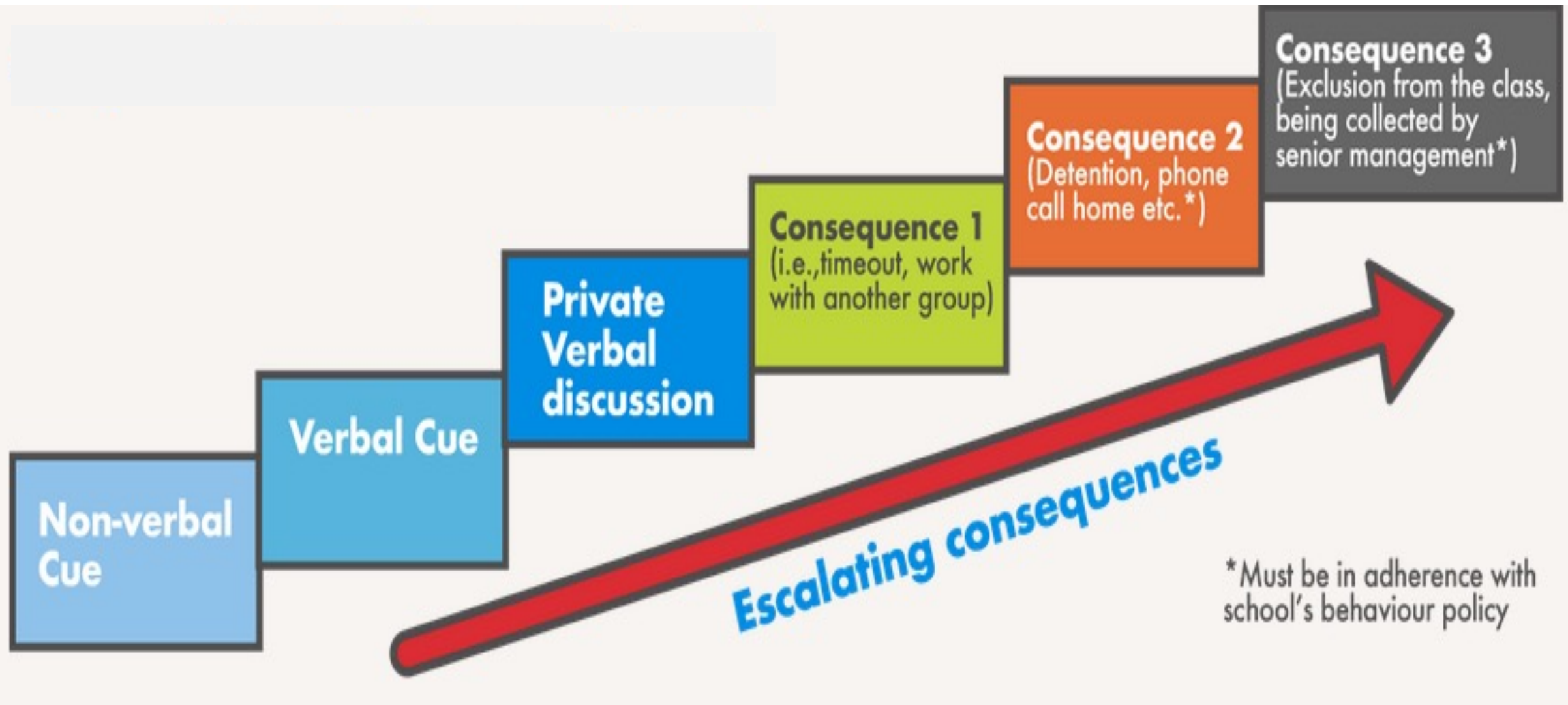
## Establish expectations !

*(To be revisited throughout the school year)*

- 1. Respect for others and equipment**
- 2. Listen carefully to instructions and follow them quickly**
- 3. Try your best at all times**
- 4. Develop rules and routines**



# A proposed hierarchy of sanctions



# How avoid disturbances ?



- **Introduce a reward system.** A reward chart can do wonders for motivating students to behave positively.
- **Develop a connection with your students.** Showing a genuine interest in the individuals in your class will help you create a warm and friendly atmosphere in your classroom. Focus on the growth and improvement of your students!
- **Communicate regularly with students, teachers and parents.** Working in unity with the other people in your students' lives is a good way to ensure you're approaching any behaviour management strategies in the right way.

# How avoid disturbances ?



- **Give students opportunities to communicate with you.** Talk with a few students one-to-one every day. Students who feel supported are less likely to act out during lessons.
- **Model positive behaviour.** Don't be rude, shout or bend the rules you've agreed with your class. Lead by example and students will respect you for it.
- **Be consistent.** Probably one of the most important rules of behaviour management. Consistency in behaviour management in PE is probably the most important rule of all. It makes you reliable and gives students clarity on what they can expect.

# So, ...key points !



- Good class climate
- Good motivational climate
- Positive interpersonal relationships
- Excellent management skills (non-verbal / verbal)
- Adapt the tasks
- Good knowledge of our pupils
- Proactive organisation (clear expectations, rules and routines, structured lessons)
- Do not ignore pupils' feelings and emotions !

# Thanks for your attention !



4 situations in PE ... and how to solve the conflict...



# Disrespectful pupil



4 situations in PE ... and how to solve the conflict...



# Defiant behaviour

4 situations in PE ... and how to solve the conflict...



# Physical aggression

4 situations in PE ... and how to solve the conflict...



# Total loss of control of the class