Teaching Physical Education
High School

Objectives: Students will have to work in groups and create a lesson plan of what they are going to teach to the whole class. They will be given different activities to choose from the teacher. While they are teaching they will be videotaped.

Relationship to National Standards:

**Physical Education Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Physical Education Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Physical Education Standard 1:** Students will comprehend concepts related to health promotion and disease prevention.

Equipment:
- Pwiki classroom homepage
- CD-Rom
- The following items are specific to the activities offered in the procedures; substitute if needed.
  - medicine ball
  - hand weights
  - resistance bands or resistance tubing
  - floor tape
  - cones
  - balance boards
  - volleyballs or basketballs

Procedure:

1. Split up the students into 10 small groups and have each student choose a particular activity that they want to teach to the class. They will have to create a lesson plan on what they are going to teach and upload it onto the Pwiki page before they teach.
2. The teacher will videotape each groups teaching onto their own separate CD-Rom disc.
3. Once the group is done teaching, teacher will give the disc to the group and as a whole group they will have to upload it onto the classes Pwiki homepage.
4. They will have to watch the video through the Pwiki and individually write a one-page reflection paper on what they felt they did good and what they need to improve.
5. Once they have uploaded their video they will have to invite all of the other groups in the class to comment on their video. Each student will have to comment on at least one group’s video.
6. In class the teacher will discuss the Pbworks and as a whole class they will discuss how they liked doing the assignment and how they felt about the Pbworks site.

**Assessment:**
- As a group they will be graded on how well they performed during their teaching and their knowledge of using the Pbworks cite. They will individually be graded on participation in the comments and reflection paper.
- In a large group, discuss students' videos and respond to questions or errors.
- Ask students to write a reflection on what they learned from doing their teaching and what they saw they could improve by watching their tape.