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Secondary Physical Education

Day One

Objectives of Lessons

- To teach the students the plan for movement in the gym.
- To develop routines that will become habits that will improve use of time and efficiency in the gym.

Classroom Management

1. Meet the class at the gym doors and give instructions for the very beginning of class (Instant Activity).
2. Explain where daily gym assignment is posted and ask them to immediately start instant activity.
3. After instant activity have class move to squads for lesson on class procedures.
4. Teach the following class procedures:
 - a. Procedure for dressing out and starting instant activity.
 - b. Procedure for coming to squads.
 - c. Procedure for coming to attention.
 - d. Procedure for class dismissal.
 - e. Procedure for exercises and opening activity.
5. Teach the discipline plan. Check for understanding.
6. Practice attention procedure.
7. Practice the squad procedure.

Day Two

Objective of Lesson

- To reinforce importance of procedures and to practice procedures to create habits.

Classroom Management

1. Meet students at gym door.
2. Reinforce (bellwork) instant activity.
3. Remind students to get dressed immediately and check white board for instant activity and plan for the day.
4. Practice signals – with whistle – (for attention)(coming to squads)
5. Review discipline plan.
6. Rehearse squad procedures – roll.
7. Praise for promptness.
8. Review end of class procedure.

Day Three

Objective of Lesson

- To practice new procedures and review old ones to continue to create habits and routines.

Classroom Management

1. Meet students at gym door.
2. Remind students of instant activity.
3. Practice squad procedures (reinforce – remind).



4. Practice new procedures:
 - a. Moving from one activity to another.
 - b. Practice the fire drill for the gym.
5. Review end of class dismissal.

Day Four

Classroom Management

1. Meet students at gym door.
2. Remind students of white board and instant activity.
3. Practice whistle for attention.
4. Review squads and squad procedures.
5. Practice new procedures:
 - a. Visitors
 - b. Distractions
6. Review end of class procedure.

Day Five

Classroom Management

1. Meet students at door.
2. Reinforce instant activity.
3. Practice coming to attention with whistle.
4. Review squads. Recognize squad leaders, responsibilities.
5. Practice new procedures:
 - a. Make-up work
 - b. How to handle portfolios
6. Review end of class dismissal.
7. Praise and reinforce moving from one activity to another.

Day Six

Classroom Management

1. Monday – (review class procedures).
2. Instant activity should be in place (review).
3. Rehearse whistle for attention.
4. Use discipline plan w/ notecards.
5. End of class – review procedure.
6. New squad leaders.

Day Seven

Classroom Management

1. Meet students at door and praise for immediate activity.
2. Rehearse squad procedures for instruction.
3. Use instruction time for handouts.
4. Rehearse whistle for attention.
5. Remind class of dismissal procedures.



Day Eight

Classroom Management

1. Meet students at gym door.
2. Praise instant activity.
3. Praise individual students for getting to work quickly.
4. Use whistle quieting procedure many times – rehearse – praise.
5. Continue adding ab exercises to routine.

Day Nine

Classroom Management

1. Meet students at gym door.
2. Take care of questions and problems.
3. Meet squads for re-organization.
4. Review discipline plan – quieting procedure.
5. Watch for positive habits and movement.
6. Praise for correct habits and finish class with positive reinforcement.

Day Ten

Classroom Management

1. Habits should be in place by now.
2. Check for areas to rehearse.
3. Meet squads.
4. Practice procedure for activity movement – rehearse.
5. Praise for correct movement and positive habits.