

**Strategies promoting positive
responses during lesson
engagement**

Strategies promoting a climate of autonomy

- ▶ 1. Contact time
 - Time for discussion with students about the lesson

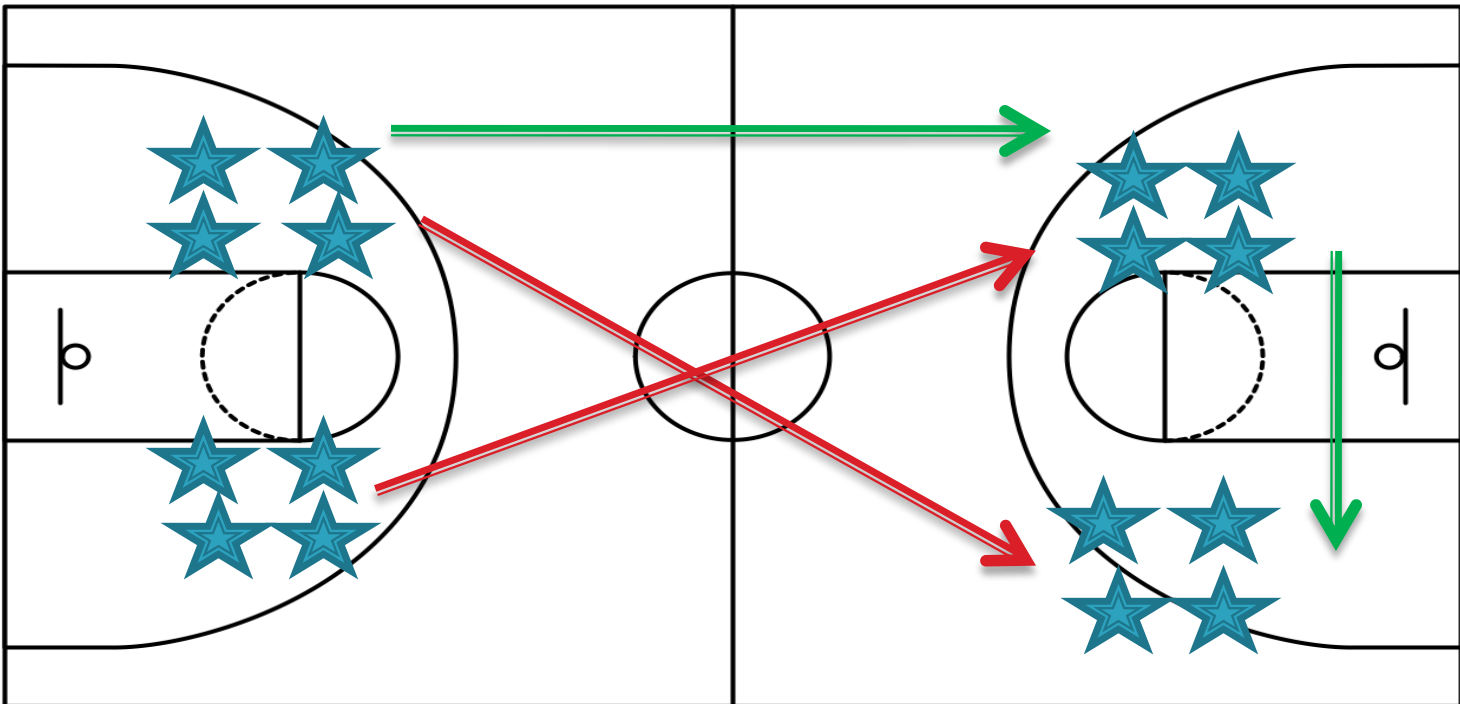
- ▶ 2. Questions about what students want to do
 - Choice of activity
 - Choice of the exercises' order
 - Choice of warming up
 - Who will show the exercise
 - Who will be divided for the game

Strategies promoting a climate of autonomy

- ▶ 3. Time to students to work at their own pace
 - Setting goals
 - Time to work on their goal
 - Using the practical teaching method
- ▶ 4. Active learning time
 - Small groups
 - Flexible organizational structures of exercises

► 5. Layout of students - teacher

- Circular layout when stretching
- Supervision of all students
- Continuous motion in the class



Strategies promoting a climate of autonomy

- ▶ 6. Justification of the activities
 - Order of the teaching objects
 - Necessity to exercises' execution
 - Order of exercises' execution
 - Effect of PE on health

- ▶ 7. Use of enhancement
 - To all students
 - Improvement, not just performance
 - Effort, not just result
 - Inside and outside of the lesson

Strategies promoting a climate of autonomy

- ▶ 8. Feedback
 - Technical instructions to all students
 - During the execution of the exercises
 - During the game
 - Hints of the correct technique and tactic

- ▶ 9. Relationship with students
 - Answers to all questions
 - Answers in a positive way
 - Recognition of the exercises' difficulty

Practices of autonomy climate reduction

- ▶ 1. The teacher dominates during the interaction with students
 - He/she talks more and does not listen to the students
 - He/she participates in the exercises/games and monopolizes them
- ▶ 2. Problems solving
 - The teacher demonstrates the correct solutions, leaving no time for students to try

Practices of autonomy climate reduction

- ▶ 3. Intense guiding of students to specific solutions
 - Avoidance of methods that stimulate the students' imagination
 - Phrases such as “The exercise is right in this way only”
- ▶ 4. Continuous guiding of students
 - Continuous use of instructions (e.g. go there, do the pass, shoot etc.)

Practices of autonomy climate reduction

- ▶ 5. Use of instructions that state obligation
 - Frequent use of instructions reminding students their obligations (e.g. the course is mandatory otherwise you will be considered absent, you are obliged to wear athletics, etc.)
 - Phrases such as “The exercise is right in this way only”
- ▶ 6. Use of malicious questions
 - E.g. Why don't you show us how it is done? Can you do it as I have shown it?

Practices of autonomy climate reduction

- ▶ 7. Reminder of the deadlines - time pressure
 - Frequent use of reminder about the time (e.g. a few minutes left, you will not have time to play).
- ▶ 8. Enhancement of the compliance to the teacher's instructions
 - ▶ Well done, you're a very good student (when the student performs the teacher's instruction).
- ▶ 9. Criticism to the student
 - E.g. No, this is not the way to do it.