

U9 – Effective coaching and teaching

Task 1 Supply the sentences below to the gaps in the text. There is one extra sentence that you do not need to use.

Teaching Tips to Create an Effective Physical Education Environment

- A) associated with going first or being watched by others
- B) an integral part to students' enjoyment of physical activity
- C) reducing motivation to be active
- D) to a greater sense of personal responsibility to participate
- E) will empower students to achieve their fitness goals
- F) cannot enjoy the class
- G) participate in a certain class or activity
- H) that sides are evenly matched and no student is singled out

1. Greet students by name: When greeted by name, the student feels it is important that they attend your class. This leads (1), thus giving the student ownership over the physical activities presented in the class.

2. Do not give nicknames: You never know how a student feels about a nickname, or if that nickname reduces his or her desire to (2) Do not give a student a nickname, and do not allow other students to give out nicknames.

3. Never punish with exercise: How many times have we seen students “punished” by being told to “give me 10 push-ups” or “run another lap?” Students should be encouraged to embrace physical activity and exercise. This will not happen if exercise is used as an instrument of punishment. Instructors must be mindful that negative connotations surrounding exercise can follow an individual well into adulthood, (3)

4. Do not let students pick teams: We all know how hurtful it can be to be picked last — this is a classic example of how self-esteem and motivation are linked. If the instructor picks teams, he or she can ensure (4) Preselecting, or making selections before class begins, will further ensure no one is left out, as students will not witness the thought process behind each selection.

5. Begin and end class together: Classes should begin with an ice breaker and end with a big finish. These activities focus on creating meaningful relationships among students, causing them to look forward to the next class. Social involvement and friendships are (5)

6. Avoid lines: Instructors must be mindful of the anxiety (6) A circuit-training setup allows for multiple activities to occur simultaneously, creating an environment where no single student monopolizes the class's attention. This approach can be less stressful as students are encouraged to focus on the task at hand (mastery-oriented thinking) rather than on the other students in the class (ego-oriented thinking). This technique can also decrease wait times, allowing more students to be active at the same time and giving each student more time to practice and master each skill.

7. Keep it fun: Educators should strive to develop intrinsic motivation for physical fitness so students will remain active long-term. By valuing group effort and celebrating individual improvement,

physical education becomes an enjoyable and social experience. Ultimately, enjoyment of physical activity (7)

Task 2 Find the words in the text that mean:

Wish/craving (par. 2)

receive enthusiastically (par. 3)

aware of (par.3)

see/observe (par. 4)

sincere/deep (par. 5)

worry (par.6)

try hard (par.7)

Task 3 Listening

Listen to 3 coaches answering a question: When and how do you use questioning and explanations in your coaching pedagogy?, and fill the gaps in the summarizing sentences below.

<https://www.youtube.com/watch?v=-t7DekLVmMA> (0,18)

1. Questioning plays an important role in _____ learning.
2. Younger children _____ and recap on things at the end of the **session**.
3. Children like _____ when answering questions and deciding about statements.
4. A good strategy is not giving the athletes _____, but asking them questions instead.
5. Well trained athletes give an answer before the question _____.
6. Most of the athletes are _____.
7. Questioning athletes is found _____.
8. The most _____ feedback can be obtained immediately after a sports event.