



HELLISON AWARD TEACHING TPSR K-12

SAM CAMERON AND DAWN TORRANCE

INTRODUCTION

DAWN TORRANCE

- 24 years experience in the classroom
- Off and on during the 24 years in physical education but last 6 years totally in physical education
- I want my students to be lifelong learners inside and out of classroom. Be strong, smart, healthy and love what they are doing.

SAM CAMERON

- 11 years teaching PE k-8.
- Make fitness fun. I want students to leave my program with positive experiences
- I hope to give each student the skills they need to participate in the activities they choose and love.

OUR SCHOOL

Demographics

- We are a small rural school Illinois.
- Our district consists of 1,946 students, 56% of these students are low income, 13% mobility rate, 26% chronic absentees in the entire district.
- We have about 420 students in our building.
- We are fortunate to have WIU in our town.
- Our classes consist of about 20 students.



Our Classes



HOW IT STARTED

Dr. Beofang Wang

- Contacted by Dr. Wang to be part of his study
- 2024 Spring Semester
- Introduction lessons
- He is presenting his study at this weeks conference

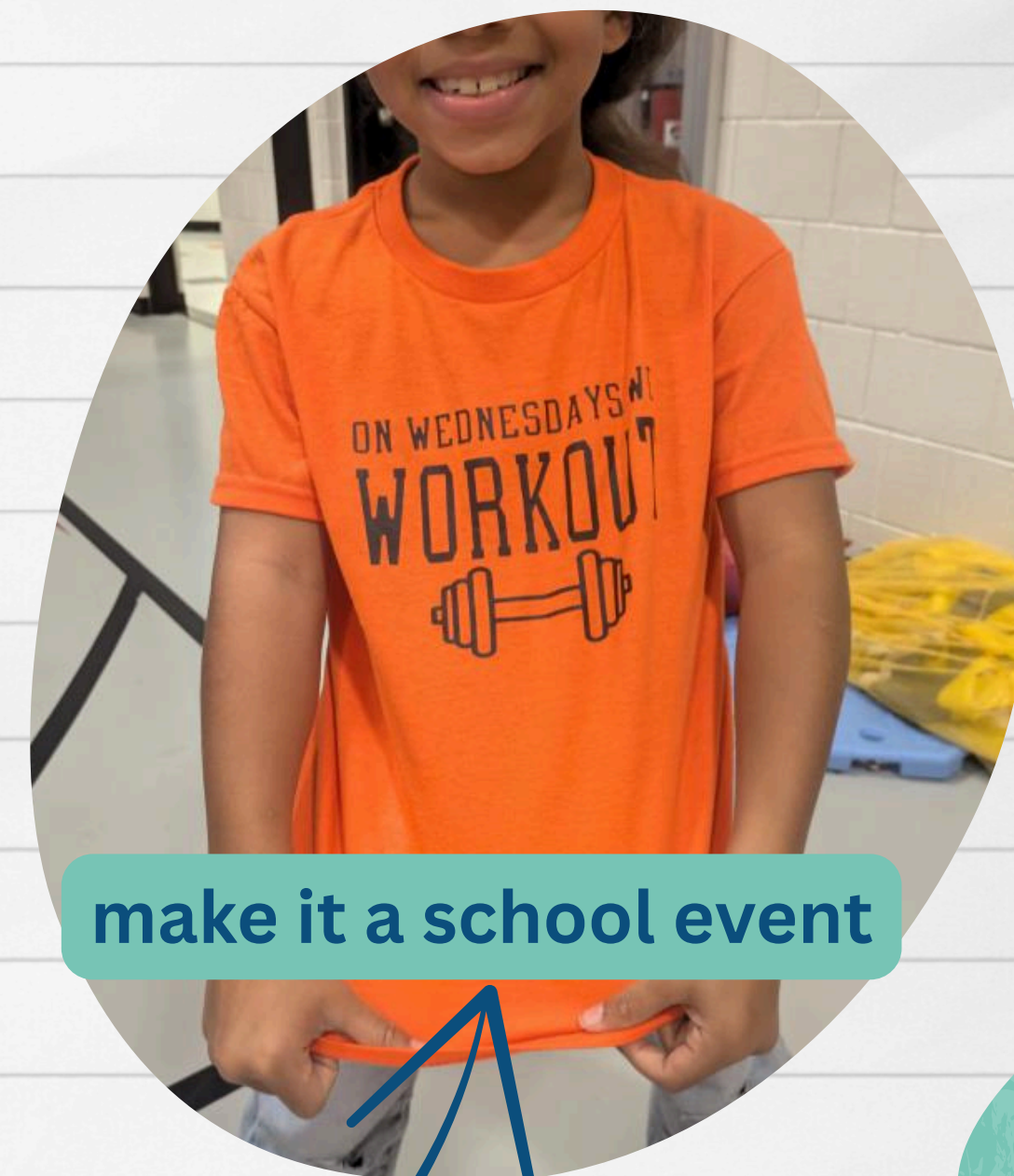
WHAT IS WORKOUT WEDNESDAY

- It's a Vibe!
- Educate Students on Fitness in a safe but challenging environment
- Staying active for 20 minutes
- Monthly Muscle focus
- Introduce exercises that target muscle
- Balance and coordination





celebrate success



make it a school event

WORKOUT WEDNESDAY

**Stations and
Obstacle Course**

Goal Setting

WORKOUT WEDNESDAY AND TPSR

**Partner, Group,
or Individual**

**Cooperative
and
Competitive**

Discussions



LEVEL 1

CHALLENGES

- Doing it all!
- What does it look like/sound like?
- Conflict resolution
- Including others

SUCCESSSES

- Show or explain
- Show the opposite
- What it sounds like/looks like
- “Not always going to get your way”



WHAT DOES IT FEEL LIKE

I recognize the role of self-control, peaceful conflict resolution, and being inclusive in building an environment that helps everyone feel safe and respected.

LEVEL “LOOK FORS”

- I can control my behavior and attitude.
- I can resolve conflicts peacefully.
- I can include others in activities and collaborate

LEVEL 2

CHALLENGES

- Energetic/Motivated
- Fear

SUCCESSSES

- Discussions “What kept you motivated?”
- Small steps
- Showing interest for new things



WHAT DOES IT FEEL LIKE

I can improve myself and my life situation by choosing to put in effort, developing self-motivation, being open to new activities, and getting along with others.

LEVEL 2 EFFORT &

PARTICIPATION

LEVEL “LOOK FORS”

- I can use strategies to motivate myself.
- I can apply effort when exploring new activities.
- I can get along with others

LEVEL 3

CHALLENGES

- Peer pressure???
- Realistic Goals
- Working independently

SUCSESSES

- What does peer pressure look like in our class
- Think about your goal
- Repeat activity to make a new goal



TRANSFER

WHAT DOES IT FEEL LIKE

I take responsibility for my well-being and the amount of effort I put into tasks. I work independently, set realistic goals, and have the courage to stand up to peer pressure.

LEVEL "LOOK FORs"

- I can work independently.
- I can set goals for myself.
- I can resist peer pressure.

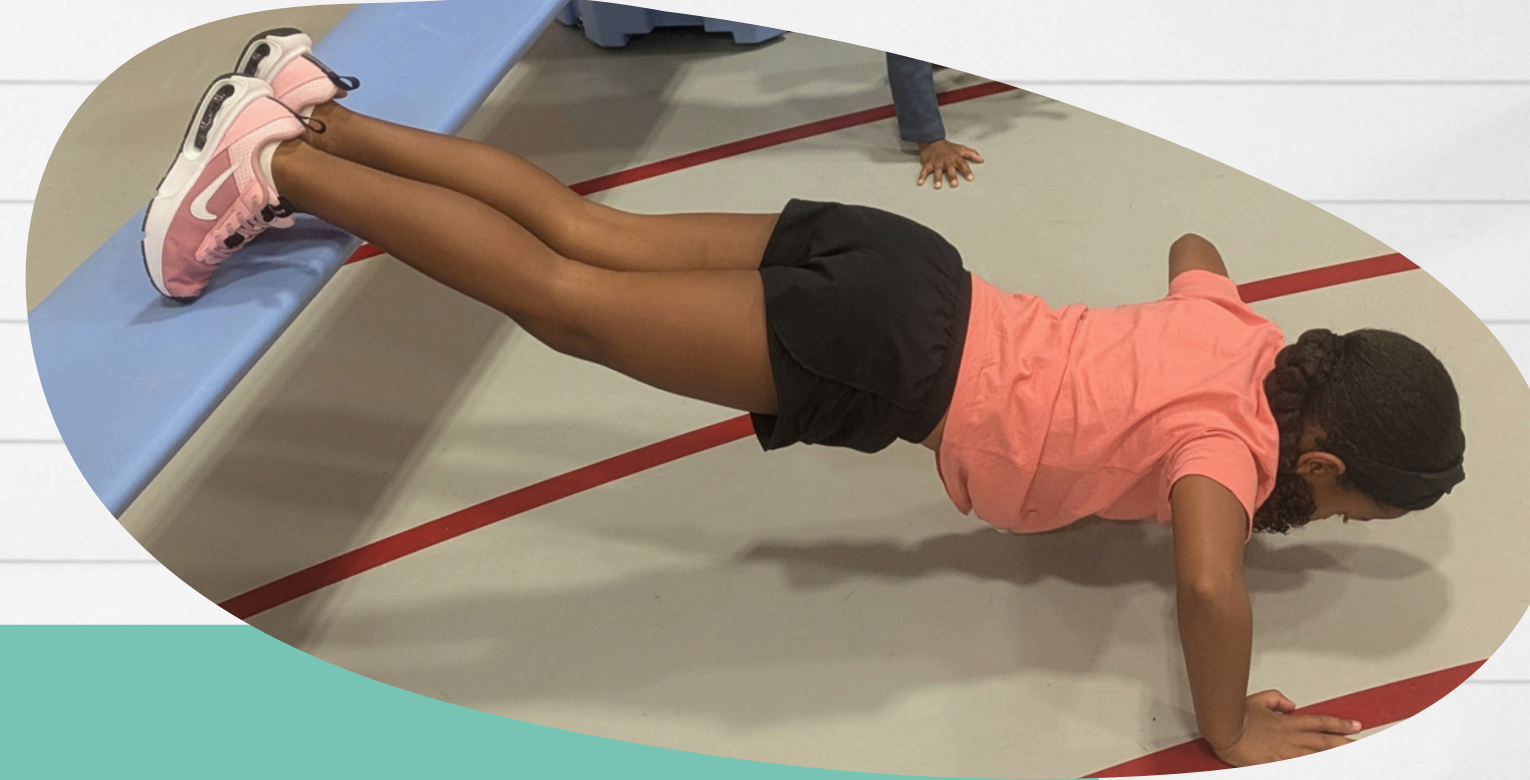
Personal & Social Responsibility

LEVEL 3

SELF-

DIRECTION

LEVEL 4



CHALLENGES

- Not for everyone
- Leadership

SUCCESSSES

- Above and beyond students
- Leave it ready for others/next group
- Leadership/Teacher
- Group Mixture

WHAT DOES IT FEEL LIKE

I show compassion towards others and am mindful of their needs. I use my inner strength to care for others and step up as a leader when needed.

LEVEL "LOOK FORs"

- I can treat others with care and compassion.
- I can be sensitive and responsive to the needs of others.
- I can show leadership when needed.

LEVEL 4
CARING &
LEADERSHIP

Personal & Social
Responsibility

REFLECTION

- Western students
- Learn from each other



W | Western Illinois
University

WHAT IS TO COME

- Upcoming year
- Ability of new group
- Adapted PE Class





QUESTIONS

