

Beginning of the Year/Class Example

At the beginning of the school year (or class if there are semesters at a high school), I like to use the TPSR levels as my “expectations” for the class. To be as true to the TPSR model and to allow for use in various settings I have students help me define what the levels will mean or look like in our class. WHY?

- Empowering students
- Provides clarity and understanding of what the levels look like in the class to everyone.
- Provides foundation for learning these skills throughout curriculum content.
- Quick reference because everyone created it or has an understanding of the levels/expectations.

Student Definition of TSPR Levels to Build Community and Define Expectations in the Classroom

How to implement:

1. Introduce what TSPR is.
2. Share and define the levels (parts) of the TSPR model as you want them to be known in your setting.
 - a. Basic word is provided (respect, effort, self-direction, caring)
 - b. Students (along with teacher) brainstorm what each word means or could mean (if new to the class) looks like in that setting/environment
 - i. Don't get too specific unless necessary for student understanding
3. Post or have these available for review
4. Make sure reflections are centered around these definitions.
 - a. I have used these as a means for self-reflection for students.

(The following slides are an example of this done during COVID, via online class work.)

Being Responsible

What does that look like?

TPSR Model Elements

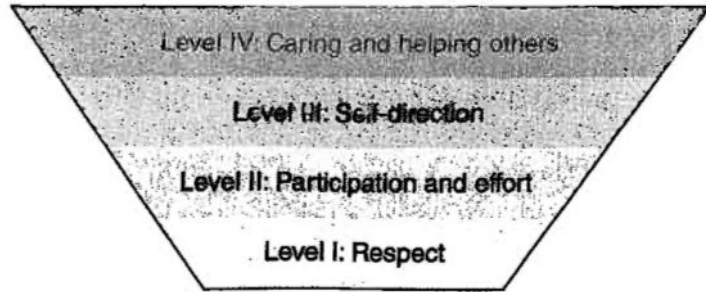


Figure 1.1 Responsibility bowl.

Watson, D.L. and Clocksin B.D. (2013)

Level 1: Respect

Level 2: Participation/Effort

Level 3: Self-Direction (Setting goals)

Level 4: Caring and Helping Others

Additional levels:

Level 0: Not being at any level

Level 5: Being responsible outside the PE environment

What are we responsible for in this class?

I find visual images to assist in the development of this slide but can't show them due to copyright concerns. You can input images you find and are able to cut and paste in a slide or take pictures and input them.

- Taking care of our bodies and mind
- Taking care of each other
- ?

TPSR Model Elements for this class

- How can you be respectful in this class?
- How can you show your best participation and effort in this class?
- How can you demonstrate self-direction in this class?
- How can you demonstrate care for others?

1. How can you be respectful in this class?

- Wait your turn when talking or muting yourself when someone else is talking
- Have your camera on.
- Being patient with others.
- Being positive and uplifting.
- Saying hello to everyone

2. How can you show your best participation and effort in this class?

- Participating in all activities
- Cameras on
- Mute when others are talking
- Use reactions to show you are present and listening
- Sharing your ideas and suggestions for activities
- Try things you don't want to

3. How can you demonstrate self-direction (setting goals) in this class?

- Asking for help when you need it.
- Share your ideas and plans with group
- Having a personal goal
- Focus harder on more challenging exercises you do in class

4. How can you demonstrate care for others in this class?

- Praise and encourage other people
 - Using reactions
 - Use words of encouragement
- Creating and modeling exercises/activities
- Doing check-ins to see how others are doing
- Be motivating

Resources

Hellison, D. (2011). *Teaching Personal and Social Responsibility Through Physical Activity* (3rd. ed.). Champaign, IL: Human Kinetics.

Watson, D.L. and Clocksin B.D. (2013). *Using Physical Activity and Sport to Teach Personal and Social Responsibility*. Champaign, IL: Human Kinetics.