



Creating a positive learning environment

Best practices for educators & leaders

To create a good learning environment for physical activity, follow these tips.

Establish expectations and routines

Teach children your expectations for each activity session. For example:

- Stopping/starting on your signal.
- Retrieving/putting away equipment.
- Not touching equipment during demonstrations.
- Opening routines for your sessions (e.g. where to sit, how to listen).
- Closing routines for your sessions (e.g. clean up, group time, listening).

Be consistent in your expectations. Whenever necessary, practice these points with the children.

Promote a healthy social environment

- Model and teach respectful behaviour towards others.
- Structure sessions so all children feel included.
- Select the partners/groups occasionally to avoid social cliques.

Ensure a safe physical environment

- Inspect the activity area at the start of every session.
- Inspect the activity equipment prior to every session.
- Stop unsafe conduct and behaviour among children.

Promote maximum participation

- Adjust activities to minimize line-ups and waiting.
- Keep groups and teams small.
- Minimize the use of circle games.
- Adjust activities if one or two highly skilled children dominate.

Respect rates of learning, and practice and modify

- Remember that children will learn and develop skills at different rates.
- Practice and repeat the activities to develop proficiency in the skills.
- When necessary, modify lessons and activities to fit the activity space and the age, level, and size of your group.