

## Active Classroom Management

### The 3-Gs

These 3 instructional tips will help you manage physical activity safely and effectively.

#### 1. Groups First

- Before giving instruction, get students where they need to be to start the activity.
- Once students are in groups, or standing next to their desk with chairs pushed in, or standing with a partner, THEN they are ready to hear about the activity's procedures.
- Failure to follow this first "G" will cause you to repeat yourself at least twice.
- To group kids, start with, "When I say 'Go!' find a group of 3 (or other number) and get toe-to-toe. Ready, Go!"

#### 2. Give Instruction

- Give clear and concise instructions. Start with the object of the activity. Then tell students how they can meet the objective. This helps the kids visualize the instructions as you give them.
- For example, "The object of the activity is to score points. You can score points by performing jumping jacks while the music is on."
- Remember the STOP signal. It might be the most important instruction you give. For example, "Stop all movement and look at me when you hear the word, *FREEZE!*"

#### 3. Get them going!

- Start the activity. Watch for kids who didn't quite understand what to do. Move to them quickly and help get them on track.
- Think about safety. Think about safety. *Think About Safety!*
- Stop the activity if it doesn't seem to be going quite right. Just say, "Freeze!" Explain the instructions again with an emphasis on safety and re-start the activity.
- Cheer them on! Give them high fives! Tell them how awesome they are! Have fun!

### Physical Activity Management

Just a few additional tips for running a smooth physical activity sessions.

#### ***Aim the Arrow***

Your voice is an arrow, aim for the back of the group and "shoot" over their heads.

#### ***The "When" before the "What"***

"When I say 'GO...'" are the 4 most important words when giving directions.

Don't forget to say "GO!"

#### ***Hustle, Hustle***

When you want students to respond to your instructions quickly, slowly start counting, "10, 9, 8, 7, 6...." It will make 97.8% of kids move faster.

#### ***Give the Signal***

Save your voice and use a start/stop signal with a little more power. Music with a pause button is the most powerful signal of all!