

ARTICLE REVIEWED

Educating Students for a Lifetime of Physical Activity: Enhancing Mindfulness, Motivation, and Meaning

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THE PROBLEM:

There is much discussion on what effective physical education is. For decades, researchers have been prescribing instruction on what it can look like and how it should be tested. For today's students, physical education needs to be transformative — providing an experience that is meaningful and relevant to them. This will help young people see the importance of being physically active throughout their life.



Research Summary:

There are three different types of PE programming practiced in schools today: the recreational approach, the public health approach, and the educational approach. One of the main ways programs are valued and classed as effective is through the amount of instructional time. Instead, moving forward another dimension beyond effectiveness is proposed — this is through transformative curricula.

Conclusion:

Teachers need to have an emphasis on mindfulness, motivation and meaning for students as another platform beyond effectiveness to engage students in physical activity beyond the classroom and school environment.

Key Take-Away:

Teachers should adopt a transformative-oriented curriculum which consists of:

Mindfulness — Focus cognitively on student achievement and set goals to support this. Encourage effort and persistence among your students, as well as reflection and critical thinking.

Motivation — Foster a positive, motivating classroom with student interests at the forefront. Become “autonomy supportive” in class by providing support and giving individual feedback and choice.

Meaning — Choose relevant, interesting, useful, and worthy tasks for your students' time in class.



ADDITIONAL RESOURCES:

- Elementary Physical Education Resources:
https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers_Toolbox_Elementary_PE.aspx#online
- Secondary Physical Education Resources:
https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers_Toolbox_Secondary_PE.aspx