

Discipline Self-analysis and Goals Report:

Directions: Copy this table from Blackboard into a word document (all margins 0.5”)—this will allow you the ability to expand the table as necessary to accommodate your entries. Complete the table by rating yourself on your current ability to employ each strategy. Some you have probably used a fair amount in your practicums as well as other physical activity leadership positions. For each, give a brief explanation of why you selected the rating that you did and set a goal relative to the strategy. Make sure that your goal is specific. Finally identify one or more resources to the right of each that you could refer to if you wanted to review or learn more about the particular strategy. Attach a numbered resource list at the end of this report as indicated—use corresponding numbers in the right-hand column as you identify resources that you could use. When you finish completing the table and have listed your references (please use proper formatting for references), complete the summary at the end.

Rating scale: 0 = no experience 1 = little experience 2 = some experience 3 = quite a bit of experience

Strategies to prevent misbehavior	Self-rating	Explanation of rating	Goal in this area	Resources
Providing a positive role model	3	Acting professional and responsible	Show integrity and honesty to students	CM p. 130
Positive interaction	2	Experienced in practicums	Don't let students know if I'm having a rough day	CM p. 130
Make expectations for learning and behavior clear	2	Used every class in practicums	Verbalize before every class in intro.	CM p. 132
Use routines to support student on-task behaviors	2	Used every class in practicums	Establish in beginning of year	CM p 132
Deliver instruction effectively	3	Experienced in practicums	Use clear concise language	CM p 138
Start and stop class consistently	3	Experienced in practicums	Use good time-management when teaching	DP p 149
Move students into groups and formations quickly	3	Experienced in practicums	Plan ahead for transitions so they flow smoothly	CM p 135
Learn and use student names	3	Used in practicums and at camps	Get list of students names	DP p 152
Avoiding differential treatment	3	Experienced in practicums and camps	Treat everyone equally and give just as much attention to everyone	CM p 149
Prompting	3	Used it a lot in ele. Practicum	Don't call out same student each time	CM p 150
Planned ignoring of inappropriate behaviors	1	Little exposure to this method	Try for one class period and then re-evaluate	CM p 151
Non-verbal interactions	3	Often sit next to disruptive students	Use thumbs-up more! Smile!	CM p 151
Strategies to decrease inappropriate behaviors for one or a few students	Self-rating	Explanation of rating	Goal in this area	Resources
Proximity control	1	Have not used much	Try to implement in one lesson and then re-evaluate	CM p 153
Desists	2	Ele. Practicum I used w/ students	Be more specific w/ desists	CM p 153

Time-outs	2	Used 3-strike at ele practicum	Follow-through and don't let behavior slide	CM p 153
Behavior Contracts	0	No experience	Try to use in ST if necessary	CM p 154
Using anger management principles	1	Used a little in ele practicum w/ a couple of the students	Try to use in ST if necessary	CM p 154
Letters to Parents	2	Have written a few letters for class assignments	Use in ST if necessary	DP 159 CM 155
Involving the principal	0	No prior experience	Use in ST if necessary	DP 165 CM 155
Strategies to address inappropriate behaviors between two or a few students	Self-rating	Explanation of rating	Goal in this area	Resources
Conflict resolution strategies:	0	No experience	Use in middle school w/ mature group of students if problems arise	DP 156
Talking Bench				
Self-officiating	1	Volleyball class at KSC	Use in middle school ST	Volleyball Class
Sport Court	0	No experience	Use in middle school ST	Org. & Admin. Of PE
Whole class strategies to decrease inappropriate behaviors	Self-rating	Explanation of rating	Goal in this area	Resources
Developing personal and social responsibility	1	Wrote papers and experienced at KSC	Implement into unit plan with ST	DP 154
Premack Principle	2	Have used at camps	Use if students need a little motivation	DP 162
Using Token systems	0	No prior experience	Use when dealing w/ Ele age students	CM 159
Using Behavior games	1	At 5210 we played one game	Use when dealing w/ ele age students	CM 134
Using Teacher –directed groups	0	Never used	Use if class can't self-manage	CM 135
Using class meetings	1	Secondary activities	Use when problems arise among students in middle school ST	Secondary Activities
Using story telling	1	Admin. & Org. of PE	Could use in HS ST to encourage integrity	Org. & Admin. Of PE

Resources

Graham, G., Holt/Hale, S., and Parker, M. (2007) *Children moving: A reflective approach to teaching physical education* (7th ed.). Mountainview, CA: Mayfield Publishing.
Pangrazi, R. P. and Darst, P. W. (2005). *Dynamic physical education for secondary school students* (5th ed.). New York, NY: Macmillan.

Summary:

How will you establish and communicate rules and procedures for your classes?

In the introduction for the unit clearly explain each rule and procedure for the class. Also, make a bulletin that reinforces the expectations for the class. In each lesson introduction, quickly review the classroom expectations so that the students will be reminded of what is expected of them.

What will you do to promote a class culture of appropriate behavior?

I can be a positive role model for the students and not display any behavior that I wouldn't want the students to display.

What strategies will you use for individuals who are exhibiting low levels of inappropriate behavior?

Work with them one-on-one and keep an open communication with them on how they are doing. Also, if they ever show good behavior, use modeling to point that behavior out to the rest of the students.

What strategies will you use for individuals who persist in inappropriate behavior?

Try implementing a behavior contract with the student. Write a letter home to the parents and if needed, schedule a parent-teacher meeting with the parents.

What behavior management strategies do you want to learn more about and what resources can you use?

Using behavior contracts and using anger management principles.

I can research on-line using different education web-sites.