

Provide Rationale

'We're working on jumping as part of our gymnastics today but this will also help our jumping in other activities. Where else do you use jumping?'

'We are working on our running now as it will help us get away from Mr Wolf later on'

Individual Constructive Feedback

"How are you finding the throwing in this game? I like the way you are standing side on to the target. Now let's work on keeping your eyes on the target and I'm sure you will see improvement over the next few lessons."

Mastery over Ego

'Remember today is not about the fastest team but the team who works best together. This team must be really proud of how they encouraged each other during the relay.'

Acknowledge and Accept Feelings

'I understand that dance isn't your favourite part of PE. You might enjoy certain parts of the lesson if you give it a go. I know you love soccer and this actually might help with your footwork.'

'I see that you are not enthusiastic. Do I have that right?'
'Okay. Let's see. What might we do differently this time?'

Enthusiastic Demeanour

'The thing that really fascinates me about this activity is...'

Non-Pressuring Language

'Sometimes when I get frustrated I take 3 deep breaths and it calms me. Perhaps you might think of using a strategy like this the next time you get frustrated in a game?'

'Can you help me find a way that might make this activity more interesting for you?'

Non-Verbal Communication

The teacher demonstrates enthusiastic, empathetic and approachable body language.

Paraphrasing

'So you are saying that the activity isn't enjoyable as you feel like other people are watching you? Do I have that right? Maybe next time...'

Effective Teacher Communication in the PE Lesson

Effective Teacher Communication helps create a sense of autonomy for the learner which leads to greater motivation