

Goal Setting:

- Help your students learn the self-management skills they need such as goal setting and monitoring.

Enjoyment:

- Emphasize student enjoyment and interests when selecting activities for your curriculum.

TV, Video Games, and Electronics:

- Teach students strategies for how to balance their recreational time to allow for fun physical activities.

Attitudes

- Keep your class environment positive, reward effort, and make your curriculum meaningful to your students.

Confidence in Abilities

- Plan lessons with variations so that all students can feel successful.
- Units are long enough so that students can become or at least feel competent in many activities and proficient in a few.

Time and Perceived Barriers

- Teach students how to manage their time and minimize other perceived barriers to fit in their activity time.

Inclement Weather

- Teach students strategies for being active when the weather is less than desirable.

Various Perceived Benefits

- Help students experience the benefits of physical activity that are important to THEM.

Educated on How to Be Active

- Teach students how to be active in their communities now and throughout their lives. Teach them the self-management and problem-solving skills they need to continue to participate in physical activity.

Family and Peer Influences

- Involve the family unit in your curriculum. Organize activity days or nights, give physical activity homework that involves the family, and inform family members how they can help your students become more active.

Older

- Teach lifetime activities and strategies for how to be active throughout their life.
- Emphasize realistic options and problem solving for the times when life gets in the way (ie. Chores, jobs, children, travel, etc).

Recreational Programs Lacking

- Encourage community activity programs to cater to all youth, not just elite athletes, or start your own recreational program at your school that caters to all students.

Lack of Safe Spaces in Neighborhood

- Teach strategies for being more active in safe spaces.
- Help students and their families organize to create more safe places in their community.

Intrinsic Motivation

- Cater to your students' interests and provide choices. Make PE informational, meaningful, and fun.
- Emphasize individual task mastery, goal setting, and monitoring. Avoid making comparisons among students.

Facility and Equipment Access

- Work with your administrators and the community to keep school facilities open and equipment available after school hours.
- Teach students how to be active with limited space and equipment.

Economic Status, Culture, and Gender

- Be aware of the different factors that may influence your students' activity levels.
- Teach activities that challenge and encompass the interests of both boys and girls.