

Overview:

In my experience as gym teacher I see children cheating and bullying each other all the time. This project has ideas which I will implement to create a fair and safer environment for my students. By the students understanding differences between each other I also hope to create less conflict between them.

Objectives:

The purpose of my project is to create less conflict that I as a teacher must solve between the students. As an elementary gym teacher I have notice that I am solving little problems all the time that the students should be able to solve themselves. This project will give ideas and rules to create less conflict in the gym and if there are some that can be solved by the students themselves most of the time.

Rationale:

In my teaching experience I have notice all of the mini conflicts/disagreements that occur regularly in a gym class. Using ideas and techniques learned in this class I hope to create less conflict between the students. I think if the students have a better understanding of each other, they will be able to solve some of the disagreements without my help. I will be using story telling ideas that I learned from this class to teach the children how to understand and get along with each other. By using these techniques I hope to make them more of a community in the gym.

The Idea of my project came to me by asking myself a question. WHY DO SOME KIDS HATE GYM CLASS?? I think they hate gym class because of bullying; other kids make fun of them if they cannot do something right, and other kids cheat. By creating a peaceful community in the gym, I hope to stop these negative factors and make sure they all enjoy gym class. By getting rid the deterrents listed above the students will have a better learning environment in which they can develop skills and friendships. As a gym teacher I think the most important thing we teach to the students is interpersonal skills between the students or according to the curriculum Personal and Social Management. These interpersonal skills are directly related to playing fair and understanding each other's differences. By using ideas from this class and implementing them I hope to create better behavior, interactions and less conflicts.

The Plan:

This plan will include activities and ideas which will be implemented during my physical education classes throughout the school year. These ideas will create a safer friendlier environment in the gym.

The first thing I would do is to have a council. This would be called gym council. This council would be the same as the council that I had in this class. With one modification the object being passed around would be a rubber chicken instead of a necklace. They would sit in a circle and only the person with the rubber chicken can speak. They would sit there and listen to each other speak without interruptions. The first discussion would be about the gym rules. I would see if they could all come up with a rule that we could use in the gym. I think it would be interesting to see what rules they would come up with. I would have my own rules for the gym which I would tell them at the end of the council. Then I would post the rules on the wall for everyone to see. I would use council again to discuss fair play and see what they think is fair play. This would be a good way to see what students see as fair or unfair. Council will be used to discuss other problems and consequences that might occur during the school year.

The second thing that I would like to implement is the awareness and acknowledging exercises to create a better sense of belonging. Getting the students standing in a circle walking up to each other and bowing, will create a better understanding of each other. I would get them to say how many brothers or sisters they have and then their favourite animal and their favourite sport. This will create a better understanding and learn more about everyone in their class. The next thing would be the mimicking drill. I would change this one a little bit from the one we did in class. I would be more of follow the leader type of drill with partners. In their partner group they would be able to do any movement they wanted but they cannot just do one the whole time. They can for example run/walk, skip, gallop, hop, jump and crawl. The person which leads first will only do it for about 20-30 second then they switch. The person behind them then goes then they would switch partners. If the leader would hop on 1 foot the follower would have to hop on 1 foot. I think this would be a good way to also practice basic movement skill and learn how to play and get along with different children.

During Tag games I have seen many conflicts over if a person has been tagged or not. The students would always complain and said they tagged somebody and the person denies being tagged. The Taggers rule states if the tagger says they tagged you have been tagged. The person who was tagged cannot dispute or complain. The tagger rule will create less conflict between the students during tag games.

The Rock Paper Scissor = More fun rule is for other disputes during other games. This rule used to decide disputes between two students. For example if two students both want to play goalie during a game of soccer. The students will play a game of rock paper scissors to decide who gets to play. The rock Paper scissor rule would be introduced to them during a warm-up drill. In this drill you line up down the middle of the gym across from your partner. Have a game of rock paper scissors and the loser would have to run to the closest wall and touch it and they would keep on doing this for a few minutes.

In the gym the squads are broken down by numbers usually. I would make the kids make-up a name for their squad. I sometimes see kids being proud that they are in squad one and they think they are number one. By letting the students pick a name it will create a better sense of community in the squads and in the gym where nobody will be number one.

In the gym I will also have a no conflict chart in which student will earn stickers on a chart if student in their squad behave every 6 day cycle. If your squad earns a certain amount of stars your squad will earn a prize.

In Kindergarten and grade 1 parachute games are a great way for the students to work together. Every student holds a piece of the parachute they must work together to play with it. I think it is a great way of building a community with the younger children.

Bullying is a problem at schools. To help stop bullying in the gym, I will first do the line of privilege. This is where you ask question if you are a bully or not. The trick is that all students will end being a bully. This is a good way to show that anyone can be a bully. I will post anti bullying rules on the wall of my gym. Anti Bullying rules; 1 we will not bully others, 2 we will try to help students who are bullied, 3 we will try to include students who are left out , 4 If we know that somebody is being bullied we will tell and adult a school and an adult at home. These rules will help stop bullying in the gym. I will also have a council about bullying.

References

Dan Olweus: Olweus Bullying Prevention Program Teacher Guide: Hazelden 2007