

Observable Instructional Practices K-12
Suffolk Public Schools
Health & Physical Education

In a typical lesson, you may not see all of these experiences.

- ☐ The teacher's lesson effectively maintains student engagement throughout the class activity, and discussions are based on Health and Physical Education SOLs.
- ☐ Students understand the goal or purpose of the lesson or unit.
- ☐ The teacher uses a variety of instructional strategies to address student learning objectives across the:
 - ☐ Cognitive ☐ Psychomotor ☐ Affective domains
- ☐ The teacher establishes a physically and emotionally safe learning environment through
 - ☐ Established rules and routines ☐ Clear "stop" signal ☐ Clearly defined areas for individual and/or group instruction.
- ☐ The various parts of the lesson can be observed:
 - ☐ Instant activity ☐ Warm-up ☐ Lesson content/focus ☐ Wrap-up/cool down
- ☐ The teacher strategically organizes students and equipment to maximize available space, ensuring that students can participate safely.
- ☐ In PE, students are engaged in moderate to vigorous activity for at least 50% of the class period.
- ☐ The teacher moves through the classroom space during the lesson to engage learners.
- ☐ The use of formative assessments offers personalized feedback that allows students to reflect, refine, and improve.
- ☐ During instruction, the teacher uses:
 - ☐ Teaching cues ☐ Visuals ☐ Student Demonstrations ☐ Teacher Demonstrations
- ☐ The teacher provides opportunities for students to engage in:
 - ☐ Individual practice ☐ Small-group ☐ Whole-group ☐ Gameplay
- ☐ The correct and safe use of equipment and materials is:
 - ☐ Emphasized ☐ Modeled ☐ Reinforced
- ☐ Lessons include asking open-ended questions to foster critical thinking skills and asking students to expand on or explain their thinking.
- ☐ Teachers are utilizing the FitnessGram Fitness Tests for pre- and post-scores.
 - ☐ Welnet is used to record student Fitness scores and goals for grades 4 -10.