

PE WHEN IT RAINS

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How many times have you cancelled PE due to the weather?

Children are naturally physical every day. Physical education allows us to be explicit about the learning involved in their physical worlds. This curriculum area enables us to teach not only in movement, but through movement and about movement.

As professionals, we need to prevent physical education dropping off the timetable. This is a disservice to our learners, and to the vision of the New Zealand Curriculum.

Weather, time and space are constraints we know we will have to work around for a successful PE programme.

Here are three key tips to help you to continue to provide rich physical educational learning, even when the weather doesn't come to the party!

1. Be clear of your purpose for your teaching and learning.
2. Think outside the box - modify!
3. Think of these opportunities in your planning phase so you don't have to think on your feet.



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TRY THESE

If your teaching and learning focus is on communication ...

Have children in pairs or small groups. One child creates a model out of LEGO®, blocks, or whatever equipment is available.

Then ask that child to support the group to create the same model without them physically seeing it.

Vary the ways students can use communication, for example, non verbal, only whisper, have the child providing instructions some distance away from rest of the group, or only talk to one other in the group.

If your teaching and learning focus is on strategy ...

Get out the cards and the board games! Strategy use is high in these games, and lessons like these give you the opportunity to make these strategies explicit. Your teaching, learning, and reflection could focus on how these strategies would transfer to other situations in PE, school, or homelife. Use simple games like snap, memory, go fish, and snakes and ladders for the younger learners, to more complex games like Uno, war or chess.

If your teaching and learning focus is on skill development ...

Coin rugby could be a great indoor context. Motivate your students using YouTube clips like this one:
https://www.youtube.com/watch?v=_Etc79Qrxb4.

Become part of the learning journey with your students. Learn the rules and identify the skills required together. Play, practice and refine. Identify the similarities between the skills in this game and the skills in the other physical contexts you have been exploring.

Set up game rounds for those beginning to master the skills. Introduce a competition for those who choose to challenge their skill development.

As unideal as wet weather is, it's no excuse for excluding physical education from your programme.

Our ability to be physical may be limited, but the opportunity to educate still exists. As teachers, it is professional practice to plan for, and think about ways to work within constraints.



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Last thoughts

How many times this year has your PE teaching and learning been cancelled due to weather, lack of space, or not enough time?
Have you ever thought to keep a record of the impacts to your program?
Have a go for a term.

See what you learn.