Changing the Game

Dan DeJager

2019 SHAPE America National High School Physical Education Teacher of the Year
Adventure Racing CORE

• A brief history...

• A nontraditional physical education lesson format!

• More Movement! More Intensity! Better Attitude!
Basic Elements of an Adventure Race

- Racers must stay together as a team the entire race.
- All team members must be together when answering questions.
- Racers may help their teammates as well as other teams to get through challenges during and after the race.
- Judges may not help racers.
- The only station racers complete on the first lap is the answer station. After that, all stations are completed for all laps.
- Other rules will be specific to particular races.
Variations on the Adventure Racing Format

- Stations: Movement Skills, Fitness Challenges, Puzzles, Cooperative Activities
- Big loops...more stations.
- Multiple stations in any order.
- Poker Style: As many laps as possible in the time limit.
- Dice or Tokens
- Locks
- Puzzle Pieces w/ blacklight (Kate Cox)

For more information:

**Adventure Racing CORE: A Nontraditional Approach to the Physical Education Lesson**
DeJager, Dan

*Journal of Physical Education, Recreation & Dance (JOPERD), v77 n6 p25-28, 33 Aug 2006*

Adventure Racing Activities for Fun and Fitness by Dan DeJager and Cathrine Himberg
Moving beyond the traditional is one way to change the perception of our profession...
The PE/Gym Teacher in TVs/Movies...
In Real Life...

Studies confirm that those who have a negative experience in physical education classes grow up to hate exercise.

Those that loved physical education classes tend to grow into active adults.
Legoland...
The Ruckus Research

8 Different Profiles for Teens and Tweens and their activity preferences. How can we change what we do to meet their needs?

- Born to Run
- Busy Bees
- Out and About
- Saved by Sports
- Saved by Support
- Missing Out
- Opting Out
- Gone Gaming

For more information: www.hopelab.org
But...it’s more than what we do with our students...

It’s how we do it.
Good Social Emotional Learning starts with us...

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SOCIAL-EMOTIONAL LEARNING
Positive Culture Starts with the Grown-ups

Principal's Tip: Negativity—Fight It with Nonverbals!

Teachers, I know as the school year starts, you're going to encounter people who don't like the new curriculum, who don't like the new principal, who don't like their class. They don't like nothing. If you keep talking to the negative people, the negativity will get all over you like white on rice. You don't want that, so I have a few suggestions:

When someone is negative to you, don't throw shade back at them. When they're complaining about the new curriculum, you might be tempted to say, "Well, if you like the old curriculum so much, why don't you marry it?" Instead, distract them with fancy adjectives." Like when they are saying something negative, you can just look at them and say, "Your hands are in dirty," or maybe you could look at their feet and say, "Your shoes are dirty," and it will all throw them off, thereby ending the negativity.
Which attitude do you tend to have with your classes?
Students are people first...
I am Loveable and Capable

A day in the life...

• Haven’t been getting much sleep. Parents have been fighting.

• Woke up late. No breakfast.

• Heard from a friend someone posted something negative about you online.

• Failed a math test you had actually tried to study for.

• Phone went off in class and the teacher took it.

• Late to PE because you had troubles with your locker and had to use the bathroom. The teacher yells at you and makes you do push-ups.
Maslow’s Hierarchy of Needs

- **Self-actualization**: desire to become the most that one can be
- **Esteem**: respect, self-esteem, status, recognition, strength, freedom
- **Love and belonging**: friendship, intimacy, family, sense of connection
- **Safety needs**: personal security, employment, resources, health, property
- **Physiological needs**: air, water, food, shelter, sleep, clothing, reproduction
Encina: 70% in 2012

<table>
<thead>
<tr>
<th>What we did:</th>
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<tbody>
<tr>
<td>Listen to students</td>
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<tr>
<td>Adjust to student needs</td>
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<tr>
<td>Focus on Social Emotional Learning</td>
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<td>Work collaboratively as a team of</td>
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<td>teachers</td>
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80% Low SES
Homeless: 12% (Identified. The reality is higher.)
Students running the school
Gangs
Aggression toward staff

<table>
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<th>Before</th>
<th>After</th>
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<tr>
<td>30-50% Physically Active</td>
<td>99% physically active</td>
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<tr>
<td>30% Learning Physical Education</td>
<td>95% Learning Physical Education</td>
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<tr>
<td>111 referrals for defiance from August to February the year before the “program”.</td>
<td>9 referrals for defiance in 2015-2016 during the same time period.</td>
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<td>156 office referrals from Physical Education in 2013-2014</td>
<td>33 office referrals in 2015-2016</td>
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<tr>
<td>Physical Fitness Test Results in 2016- 7.8% passed 5 out of 6 tests</td>
<td>Physical Fitness Test Results in 2018- 49.4% passed 5 out of 6 tests</td>
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The Target

Check in with the teacher...

- Good to go!
- Dealing with life, but I think I’ll be okay.
- On the edge. Talk with student to see what support they need.

Developed and utilized by me, but inspired by the documentary “Paper Tigers”
Actions that might trigger students

• Saying “Why?!?”
• Yelling at a student one on one
• Getting in their space
• Using exercise as punishment
• Pretending to know where they are coming from
• Putting students in an embarrassing situation
Prevent Potentially Embarrassing Situations

- Captains picking teams
- Fitness Testing one at a time in front of a group
- Being forced into an aggressive, intimidating activity
- Negatively calling a student out in front of a group

For more ideas checkout www.supportrealteachers.org
Embarrassment and Bad Stress produce Cortisol

High Cortisol causes...

• high blood pressure
• type 2 diabetes
• fatigue
• impaired brain function

Is this what we want for our students?
Instead let’s create some good chemicals...


- Serotonin- Aerobic exercise. Physical human contact.

- Dopamine- Exercise. Listen to music.

In a research study those that were in the lowest quartile for positive emotions at the mean of age of 22 were found to die on average 10 years earlier than those in the highest quartile.

For more information:
Simon Sinek- “Leaders Eat Last” (You Tube)
Jo Bailey- On Twitter @LovePhyEd (See Jo’s pinned Tweet on getting the correct D.O.S.E. of physical education)
Love Languages

For more information: Gary Chapman-
www.5lovelanguages.com
“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

-Maya Angelou
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• Twitter: @thepechallenge
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8. Find advocacy tools to support your program
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