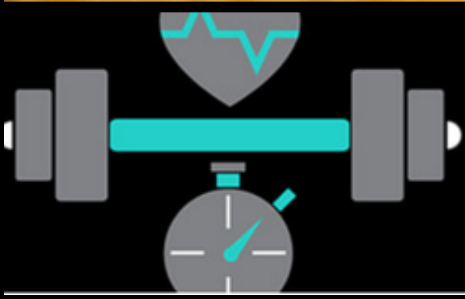


# PE Checklist

## The 4 E's



**MR. CLARK'S PE**  
PHYSICAL EDUCATION / PERSONAL EMPOWERMENT

# MR. CLARK'S PE



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PHYSICAL EDUCATION / PERSONAL EMPOWERMENT

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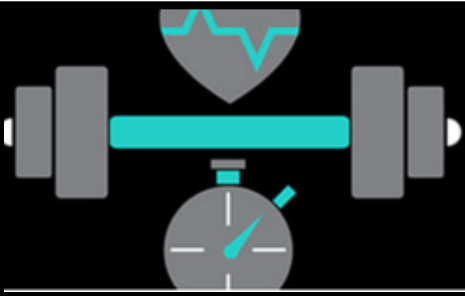
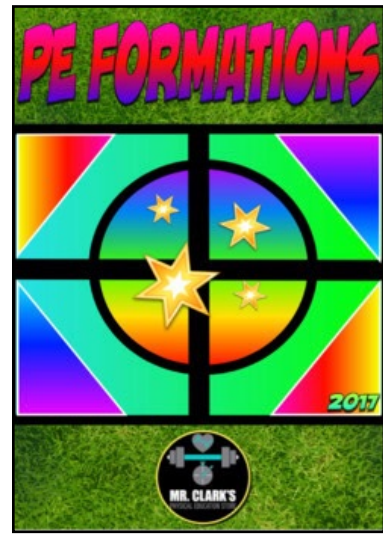
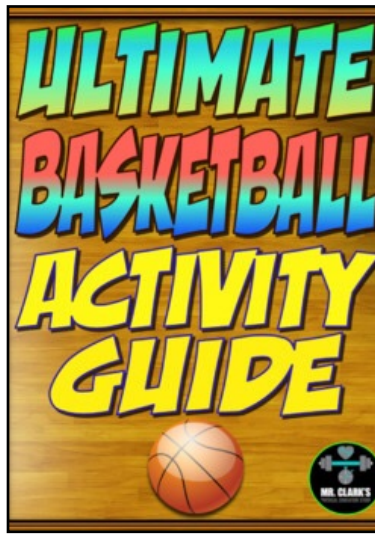
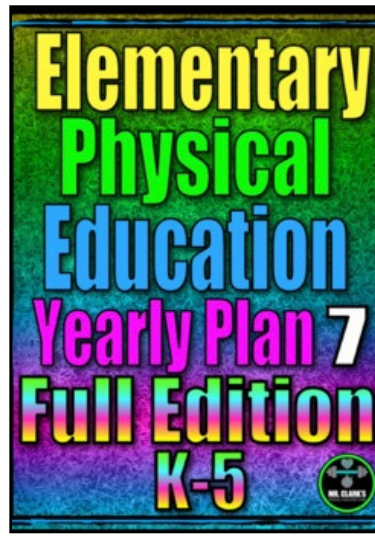
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# Mr. Clark's Favorites



**MR. CLARK'S PE**  
PHYSICAL EDUCATION / PERSONAL EMPOWERMENT

# Environment

## BUILD AND ENHANCE YOUR ENVIRONMENT

Decorate your classes/gyms with positive themes, posters, expectations, and signs that reiterate your message that students will be safe and are expected to grow stronger/smarter/braver every time they enter and leave.

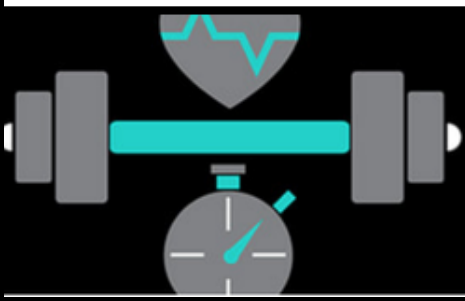
Create consistent and meaningful routines that students can begin to develop into classroom habits.

Select groups of diverse learners within squads, partner/small group/large group activities and adjust them accordingly once you learn more about your students.

Observe trends in student behaviors (both negative and positive) when they are around each other and make necessary changes to keep physical, emotional, and mental safety the top priority.

Allow students to begin to develop and grow their problem-solving skills through conflict resolutions (RPS, conflict corners, class meetings).

Involve them in being part of the decision-making when it comes to behavior plans, individual/class rewards, and anything else that makes them accountable for their actions.





# Energy

## CAN YOU FEEL THE ENERGY?

Do your warm-up activities engage and lock the learners in from the start?

Are your lessons carefully constructed so they create powerful and dynamic ideas that students fully engage in?

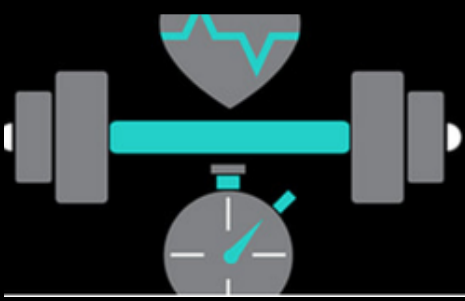
Does the sequence and pacing of your lessons allow for positive energy to be transferred from one activity to the next?

Do you offer enough variety and mystery within your classes to spark interest from all students?

When you notice a drop in energy or a lack of interest, how do you re-spark your students?

Can you notice your students' body language, verbal tones/ inflections, and cues?

Are students leaving more vibrant and connected to the purpose of your class?

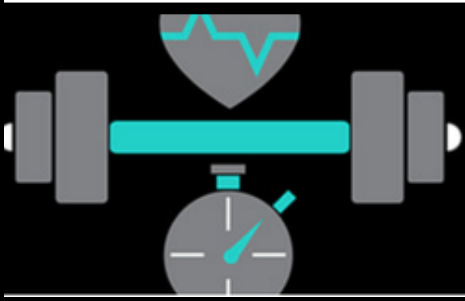


**MR. CLARK'S PE**  
PHYSICAL EDUCATION / PERSONAL EMPOWERMENT

# Essentials

## PROGRAM MUST-HAVES

1. To Do Lists to keep track of what I need to get done and when (Before School Begins/Events/End of Year)
2. Large Yearly Calendar taped to my desk
3. District School Calendars Everywhere (1 above computer, many on my computer, 1 on bulletin board above desk, 1 in attendance binder, and a few extras)
4. My Electronic Whistle ready to go (ask me how many unused sick days I have!)
5. Batteries (for my microphone)
6. Pens/Markers/Pencils (sharpened)
7. Large Blank Activities Calendar to write my thoughts/create my Yearly Plans on
8. Index Cards (I write everything on Index Cards from my random thoughts to daily plans that I refer to during class to make sure I cover everything I want to with my students)
9. Flash Drive (ready to back-up all of my work)
10. An American Flag (U.S.A!) or your Country's flag (Your Country Rocks!)
11. Band-aids, nurse passes, and tissues
12. Reward/incentives buckets (prizes, extra supplies to give to students/classes)
13. Large container full of old trophies (give out for Excellent Day Award-classes earn trophy and random student gets to walk back to class with it and return it next time class comes. Ask around for old trophies and watch how many you can accumulate!)
14. Floor tape/markings (Squads, Partner lines, Boundary/Activity creation)
15. Positive PE stuff all around your gym



# Essentials

## PROGRAM MUST-HAVES

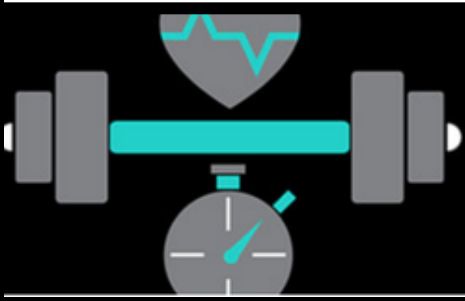
### PE BINDER

1. Class lists for attendance/birthday/contact information
2. Pictures of students to learn student names (Do Not Photograph List)
3. Curriculum resources
4. Nurse Injury Reports for injured/out of gym student lists
5. Nurse/Bathroom passes
6. Weekly/Yearly plans
7. Blank Index cards to write ideas and thoughts on
8. District/Procedural forms/drills
9. Another district calendar

*Can you tell I use a lot of district calendars throughout the year?*

### SET-UP

1. See Inside My PE Binder
2. Organized/Clean office to think, plan, and reflect in
3. Organized/Clean Gym Closet jam-packed with a variety of equipment
4. Organized folders for school-related papers and professional responsibilities



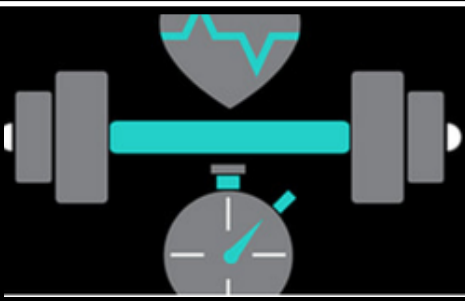
# Essentials

## PROGRAM MUST-HAVES

### ON MY COMPUTER

On my desktop I create the following organized folders labeled with the school year (no particular order):

1. Lesson Plans
2. Activities
3. New Ideas
4. School Events
5. School Information (calendar, district information)
6. PE Excuse Lists
7. Budget and Ordering Info
8. Fitness Tests
9. Assessments
10. Motivation/Inspirational emails (to look at on tougher days)
11. Grant Information
12. Professional Folder (PD, Observations, Summative)
13. Sub Plans
14. Pictures
15. Career Info (Pension, legislation, initiatives)
16. Past Years with same information (back-up on Flash drive)



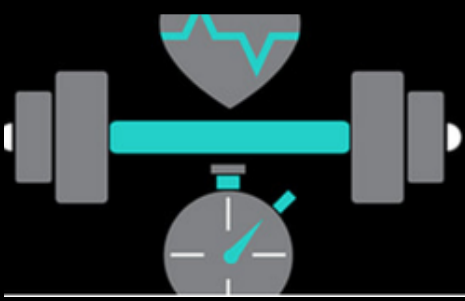


# Essentials

## PROGRAM MUST-HAVES

### PERSONAL SUPPLIES

1. Tons of Healthy Snacks (and a few pieces of dark chocolate in my desk for those tougher days)
2. Many Reusable Water Bottles (gotta stay hydrated)
3. Homemade lunches (Gotta save that \$\$\$ to Become Financially Free)
4. Extra clothing (shorts, shirts, jackets/sweatshirts, towels, socks, and sneakers)
5. Chargers (Phone, Ipad)
6. Big cozy chair to think/reflect in before and after classes
7. Fan (for those hot office days)
8. Back-up Watch
9. Massager on the back of my work chair
10. Toothbrush and toothpaste (clean mouth =less sick days)
11. Calm App (for much needed downtime)
12. Pictures of family, friends, goals nearby/on computer



# Enhancements

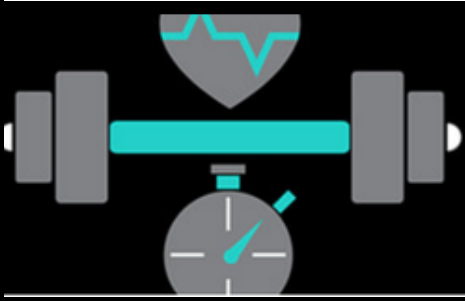
## WHAT WILL THEY REMEMBER?

### POSITIVE HABITS

1. Health and PE morning/afternoon announcements
2. Send Emails/Make Phone calls home highlighting student success and achievement (becoming great people, not always PE-related)
3. Reward students/classes in creative ways (help order supplies, lunch with you, mini-PE teacher, help organize/clean-up supplies (younger students love that), helpers at events, choose the activities, anything that students remember long after they graduate!

### CREATING

1. Make Fitness Cards (pictures of students exercising) and print them out to use within activities
2. Make Fitness Cards (pictures of you demonstrating skills or exercises) to print out and use within your activities
3. Make fitness videos with students to have school perform
4. Have older students make pictures/videos helping younger students learn about sportsmanship/playground safety/recess rules
5. Create Awards/Certificates to celebrate student success individually and when on teams
6. PE Newsletters (Monthly/Quarterly)
7. School-wide Health and PE Challenge Sheets/Fitness Tracking
8. Write Grants (NFL Play 60)



# Enhancements

## WHAT WILL THEY REMEMBER?

### EVENTS

1. Obstacle Courses
2. Fitness Fun Days
3. Fall/Spring Fun Runs
4. School-Wide Fundraisers (local and national causes) w/awesome incentives
5. Fantasy Sports (give each teacher a random team that class must learn about and root for) w/awesome incentives if they win the championship
6. Olympic Celebrations
7. Field Days
8. Fitness Testing Awards (highlight achievements on bulletin boards, in hallway, with certificates)
9. Teacher and/vs. Student Events (basketball, flag football, scooter hockey, softball, races)
  10. Track meets
  11. Gym shows
  12. Running/Fitness Clubs
  13. Character Education Programs
  14. Mentoring
  15. Teach with the Teacher Reward
16. Anything fun, positive, and that enhances Character Education/Health Education/and Physical Education

