



PE/Health Virtual Learning

7th/8th Health

Encouraging Teammates

May 4, 2020



Grade/Course
Lesson: [May 4]

Objective/Learning Target:

Provides encouragement and feedback to peers without prompting from the teacher.

NASPE Standard- (S4.M3.8)

Lesson Objective/Essential Question

EQ: How can I provide encouragement and positive feedback to my classmates and teammates in team games?

Objective: Students will be able to effectively provide encouragement and positive feedback to classmates and teammates in team games.

Warm-Up Activity

- Find an open space where it is safe to jog around (Backyard, frontyard, etc.)
- Interval jogging (Try to find a pace that works for you, so you can jog the entire duration of each interval)
 - Jog for 30 seconds
 - Walk for 30 seconds
 - Jog for 45 seconds
 - Walk for 30 seconds
 - Jog for 1 minute
 - Walk for 1 minute

Practice

Why is it important to give positive feedback to teammates?

- Boosts confidence
- Motivates others
- Boosts self-esteem

What other benefits do you think giving positive feedback or praise have on people?

How do you feel when someone gives positive feedback or praise to you?

[Power of Positivity](#)

Practice

How do you provide effective positive feedback, praise, and encouragement to others? Feedback must be:

- **True-** need to tell them something that they actually did right
- **Specific-** tell them exactly what they did right (Instead of just saying “Good job” say “Good pass” or even better “Great follow through on your pass”)
- **Immediate-** it’s important that you give the positive feedback or praise right after the person does it

[Offering Praise and Positive Feedback](#)

Practice

What is constructive feedback?

- supportive feedback given to individuals to help identify solutions to areas of weakness they may have; comes with positive intentions; used as a supportive communication tool to address specific issues or concerns.
- **How to give constructive feedback?**
 - 1) Praise them for something they did well; “Great job sliding your feet on defense”
 - 2) Identify specifically something they can improve on; “When the person you’re guarding shoots the ball...”
 - 3) Tell them specifically how to improve or fix their mistake or what they did wrong; “When the person you’re guarding shoots the ball make sure you have your hand up”

Self-Reflection

Name 3 reasons why giving positive feedback and praise is important. (Check answers on slide 5)

What are the three things the feedback must be to be effective? (Check answers on slide 6)

Critical Thinking:

Watch this video and provide two positive feedback statements to give to Michael Jordan performance? (Make sure your feedback contains each of the three criteria for effective feedback from slide 6)

[Michael Jordan Highlights](#)

Additional Resources/Ideas

[How to give constructive feedback](#)

[Constructive feedback](#)