

Standardized Universal Non-Verbal Communication to Support EAL students' integration into Phys Ed Classes.

Universal Expectations for All Grades - ASL Protocol to Enhance Understanding.

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Adding another layer of consistent communication so students don't have to rely solely on verbal signals.

WHY?

Video 1: **The Why Behind the Resource: Universal Non-Verbal Communication to Support EAL students' integration into Phys Ed Classes.**

Three Videos

- 1) Background
- 2) Basics of the Universal Non-verbals
- 3) Non-Verbal for your classroom and gym

Why did we create the resource? Who we are: Background and experience.

Gigi: Love of ASL - Video clip of her dog.

The 7-38-55 rule is a concept concerning the communication of emotions. The rule states that 7 percent of meaning is communicated through spoken word, 38 percent through tone of voice, and 55 percent through body language. These universal Physical Learning Cues will help you bridge the gap, not just for EAL Students, but for all students.

When dealing with EAL students, we need to make this non-verbal very clear and predictable so it can be picked up quickly so they can follow key signals and directions.

Why ASL? Because it is a standardized language, one that lends itself to CLEAR communication that has established roots. And it is standardized and easy to learn with practice. If every teacher makes up their own, how does that transfer? In a class with a high population of EAL Students, these simple to learn signals can be used across grades, classes and teachers. Gigi - Dog Video - How she trained her dog. DHH students do not need the words to learn the signs or the react/respond to them. They need Consistency and Predictability.

We started by building a set of universal expectations to use as our base for communication... why - SIMPLE and Predictable. Also, to allow Gigi to work with the expectations to minimize the number of signs and signing shapes required for teachers.

The list of Expectations is a collaborative effort AND you do not need to use them all... Choose 8 that are really important OR are the ones your class / School really wants to focus on.

Remember, what you focus on expands. We made the list longer so you would have options to work with.

Understanding the keys to where the ASL System for PE comes from and the origins of the full ASL Translations. Full video with explanations and training. The second video is the shortened version that will become a great reference for teachers.

Full Direct Translations - NOT TRAINING YET... this is like learning Shakespeare for the first time... Just absorb and watch,,, you will get to play next video.

Video 2: Key Shapes and Phrases. Basics of ASL - key terms for gym use and full translations of expectations

Another layer to help students who may even be illiterate in their native language. They revert to their strengths - watching and mimicking.

Why ASL? Context and situation. Can translate long ideas with simple signs. Ideas are transferable. Since we are relying on Body language and tone with EAL learners, ASL allows us to emphasize and convey context

. Eg. - HUGE, small, tiny, now, NOW! Stop, STOP!

Teaching Fractions through ASL - Visual cuts through the challenges of vocabulary.

In a world of texting and messaging, this is something that is getting lost. However, when done well, it is very easy to understand.

Working with Gigi has been a gift! We spent over an hour going through ideas and phrasing, and different versions, so with a few simple hand shapes and some practice, anyone can add these into their teaching. Remember, visual and repeatable. If you have never had an entire class of students run in, sit down and focus without saying a word... you're in for a treat.

Learning ASL: Experiential. Start signing as you speak, then stop speaking and use the signs.

Use your face and body to EXAGGERATE from the start... play with it, perform, make it clear what you are looking for or communicating (face, eyes, eyebrows, tongue...)

Directional Language (you, your, Jane, Peter, me...)

Eye Contact is important as it conveys

Questions and Statements

Be gentle with yourself. Start with 3 signs, build up every week. It will become natural very quickly. You will make mistakes, that's fine. And you are not TRANSLATING, or INTERPRETING, you are merely emphasizing Key Expectations.

PLEASE DO NOT MAKE UP SIGNS! That defeats the purpose and can get you into trouble with the Deaf community... Trust me, I have made this mistake.

Video 3: Shortened ASL Signs for Physical Educators to enhance student understanding and participation.

Key Hand SHAPES

1. Thumbs up (follow, continue)
2. Index fingers up (come in)
3. two fingers (Look)
4. Three Hand - scrunchy three hand (Listen with ears/listen with eyes)
5. Chakka (play, now, stay...)
6. R shape (lots of contexts, different actions)
7. Wave (go, come, to get attention)

Simple greetings

- a) Hello
- b) How are you?
- c) What is your name? My name is?

24 Key One Sign words for the Gym and classroom

- | | |
|----------------------------------------|-----------------------------------|
| a) Yes | o) No lazy |
| b) No | p) Work Now! |
| c) O.K. | i) Continue working/keep going... |
| d) Stop | q) Improvement - Context... |
| e) Respect / Please / Thank You | r) Groups |
| f) Move / away / Go | i) 2, 3, 4, 5... |
| i) Go and Play | ii) Pick one leader |
| 1) Follow them... | s) Slow / Fast |
| 2) Go with | t) Laps / Push-ups... go |
| g) Come in | i) Run, walk, Jog, Jump |
| h) Sit Down / Stand Up | u) Fun |
| i) Now / Stay | v) Line up: |
| j) Change | w) Toilet / Water |
| k) Understand? | x) Good Job - Great Job |
| l) Continue | y) Cool |
| m) Good | z) Awesome! (Best sign ever) |
| n) Work / work hard | |

12 Universal Expectations for Physical Education Classes (K to 12)

1. **Respect Yourself/ Respect Others:** Always try your best and participate actively in all activities / Be kind to classmates and teachers; use encouraging words and actions.
2. **Respect Equipment and Space:** Use equipment properly and share space responsibly.
3. **React / Respond to Signals:** When a whistle or signal is sounded, stop activity, turn to the teacher, focus on the teacher, and follow instructions.
4. **Stay focused / Work hard to improve:** No matter if your great at a skill or just learning, do your best to improve and use your time to get better and to be a better team mate.
5. **Move Safely:** Be aware of your surroundings and move carefully at all times to prevent accidents.
6. **Stay in Control:** Be mindful of how you use your body and equipment to avoid accidents. This includes your emotions, when you get worked up, take a break and re-focus.
7. **Show GREAT Sportsmanship / Teamwork:** Demonstrate fabulous sportsmanship by encouraging others and accepting outcomes gracefully. It is not about the win, but about the joy of moving. Rotate team roles to share leadership. Be Positive.
8. **Follow Game Rules:** Understand and follow the rules of each game or activity to ensure fair play and be HONEST about your actions.
9. **Be Ready to Move:** Show up in proper attire, with a positive attitude, and expect to move. Don't act surprised when asked to move and start activities with enthusiasm.
10. **Celebrate Small Wins:** Cheer for yourself and others when learning or achieving something new.
11. **Be Present and Mindful:** Focus on the game or activity, leaving distractions aside. Seek to grow by using feedback and setting goals to improve.
12. **Take Responsibility:** Be accountable for your actions, including when mistakes happen during gameplay and when you do things that help others. Above all, be honest about what happened and use the golden rule as a guide. Treat others as you would like to be treated.

Phys. Ed. Universal Expectations

1. Respect Yourself / Respect Others
2. Respect Equipment and Space
3. React / Respond to Signals
4. Stay focused / work hard
5. Move Safely
6. Stay in Control
7. GREAT Sportsmanship / Teamwork
8. Follow Game Rules
9. Ready to Move
10. Celebrate Small Wins
11. Present and Mindful
12. Take Responsibility

12 Universal Expectations ASL Sign Guide

- 1) **Respect Yourself / Respect Others**
- 2) **Maintain Your Personal Space - stay out of other people's space.**
 - i) Continue your space
 - ii) No close to others (no - fingers together) Yes - space (fingers apart)

b) Respect Others' Space:

 - i) Stop! You, Space (fingers out)
 - ii) Respect their space
- 3) **React to a signal**
 - a) Look / Listen - React
 - b) Stop: Look: Listen: come in: sit**
 - i) Listen - Information through ears or eyes (DHH explanation)
- 4) **Stay focused / Work Hard**
 - a) Continue focus / Continue work
 - b) No Lazy - Move with energy
- 5) **Move Safely (lots of facial awareness)**
 - a) Move carefully vs. No Move Recklessly (CHANGE - Move cautiously.)
 - b) Also, add Look as you move for others look-move cautiously
- 6) **Stay in Control (when the student is not in control): Controlling emotions and body.**
 - a) Stop - Come here (if needed) - Calm / Relax (as a reminder)
 - b) Different tones due to situations.
- 7) **Show GREAT Sportsmanship / Teamwork:**
 - a) PLAY NICE / Take Turns / Change Roles
 - b) Avoid Rough Play: No Contact (beat up), Play Nice
- 8) **Follow Game Rules:**
 - a) Follow Game Rules / Respect Rules
- 9) **Be READY To Move. (Ready)(Questions?)**
 - a) Teach basic responses for all students - visuals are great, Hands are easy to read
 - i) **READY?** Response: yes, no, maybe, question
 - ii) **UNDERSTAND?**
 - b) GO - Move - leave
- 10) **Celebrate small wins:**
 - a) Celebrate - (Keep it up - Good Job - Awesome!)
 - b) Stay Positive
- 11) **Be Present and Mindful**
 - a) Focus now
 - b) Breathe / Calm down - Relax - slow down
- 12) **Take Responsibility for Your Actions - Tell the Truth**
 - a) Honesty
 - b) What happened

PHOTO SUPPORT for each expectation

Green Side / Red Side
Expectation / Opposite

Respect others - Helping another student, : pushing a student down

Respect Equipment - Putting the stick away: Student hitting the wall

Respond to signal - Teacher Talking - Students Sitting watching: Student talking and lying down

Work Hard - Lazy: Working

Stay in Control: Soccer - dribbling ball, slide tackle

Sportsmanship / Teamwork: High Five Yelling

Team Work: one player, rest watching: Passing and directing the game

Follow Rules: Dodgeball - Hit waist: Hit Head

Ready to Move: Running: Lying on Bench

Celebrate small wins: Team Scores all cheer: Team scores, team ignores

Present and Mindful:

Take Responsibility: injured student, hand up: Injured Student, walk away.