

Physical Education Universal Expectations and Non-Verbal Cues

Grades K to 10

7 - 38 - 55 Rule

Non-Verbal Communication

- **7% Spoken Word**
- **38% Tone of Voice**
- **55% Body and Non- Verbal**

Capitalizing on a set of Universal Physical Learning Cues to help you bridge the gap, not just for EAL Students, but for all students.

7 - 38 - 55

Non-Verbal Communication

Non-verbal cues...

- **Clear and Concise**
- **Predictable**
- **Consistent**
- **Paired with Tone and Words**

ASL

Universal Standards

Why ASL as a base?

- **Established Language**
- **CLEAR Communication**
- **Standardized**
- **Easy to learn with practice.**

Why not just make up your own.... If every teacher makes up their own, how does that transfer?

Universal expectations to use as our base for communication for SIMPLE and Predictable cues and reduce complexity for teachers.

The Resource

Universal Standards

Starting this will feel awkward and clunky... but add one at a time and keep adding.

Choose 4 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.

The Resource

Universal Standards

Videos to Follow:

- **Basic Hand Shapes and motions**
- **Using your facial expression to convey meaning**
- **Specific signs to convey and communicate the Universal Expectations**

This is like learning Shakespeare for the first time... Just absorb and watch,,, you will get to play next video.

Caution: Please do not make up signs. This is why we are rooting in ASL in the first place.

Universal Expectations for Physical Education

K to 10

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 property and share space responsibly.
3. **React / Respond to Signals:** When a whistle or signal is sounded, stop activity, turn to the teacher,, and focus on the teacher, 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 set 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.