

4 R's in PE

As part of a whole school drive to improve teaching and learning, the PE department have been asked to think precisely and creatively about how they can become more effective 'learning power coaches'. Using the analogy of a fitness coach in a gym such coaches are able to construct broad, balanced and effective exercise regimes that will help people get fitter, because they have a model of what the different ingredients are that go to make up 'fitness'. The department is currently embedding Building Learning Power (BLP) into its lessons and as a result is helping teachers design targeted, effective activities that, over time, add up to greater confidence and capacity in facing all kinds of uncertainties and challenges. Just as fitness is a basic springboard for all kinds of more specific physical skills, so learning power is a general-purpose launch-pad for all kinds of more specific learning activities – both in school and out.

The 4 key pillars of Building Learning Power are:

Resilience

- Practice in order to improve
- Don't be afraid of finding things hard
- Work hard with sustained concentration
- Find enjoyment in solving problems
- Block out/avoid distractions
- Develop strategies to deal with being stuck
- Identify key points within lessons.

Reciprocity

- Be confident to express your own opinion
- Learn from others to help you improve
- Put yourself in other people's shoes
- Listen carefully to and respect others' opinions
- Get involved in learning
- Know your role and responsibility within a group

Reflectiveness

- Pull out key ideas from previous learning
- Sort out what needs to be done
- Explore and draft various ideas
- Set yourself high standards and targets
- Adapt and change your ideas if necessary
- Check your progress regularly
- Proof read or video your work

Resourcefulness

- Don't be afraid of not knowing
- Imagine how things could be
- Be creative
- Take risks with learning
- Share and learn from mistakes
- Recognise patterns within work
- Be confident using a range of resources