

4 Ways to Motivate UNMOTIVATED STUDENTS IN PE

1

Structured Choice

Choose of activities related to learning goals
Who to participate with
Choose challenge level



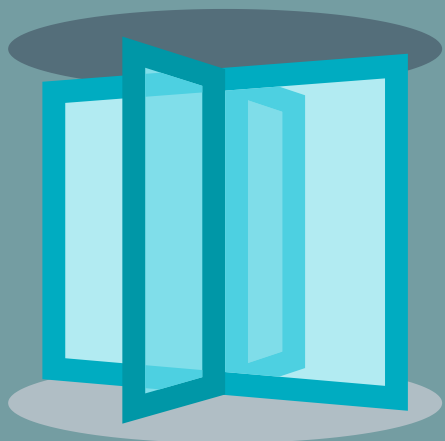
Autonomy

Allowing students to make these choices enables them to determine what the best fit is for them within the options provided.

2

Revolving Door

Students can freely enter and exit the activities they participate in



Autonomy

This allows students to become more aware of what qualities they prefer in activities, and choose accordingly. The ability to make this choice promotes ways to participate in class.

3

Student Voice

Students provide input on:
-what's working
-what can be better
-new ideas



Autonomy

Allowing students to provide their input enables them to feel more connected to their learning and fosters creative and critical thinking skills in PE class.

4

Space/Time to Think

Let students have space and time to consider options (1-2 mins).



Autonomy

Allowing students space and time to think (1-2 mins) without feeling rushed to decide, allows them to decide more authentically, honoring their sense of choice.

