Matrix Location: __Gym______________________________

Core Value: _________Be Safe_________________

Behavior Expectations: Hands and feet to self

Teaching Example

Identify Concepts: What does it mean to keep hands and feet to self in the gym?

When we keep our hands and feet to self it means we do not touch other people and we respect their personal space.

1. Everyone has to follow rules in the gym, even in professional sports. When playing basketball, if you touch someone it is called a “foul”. Show video clip of a basketball foul from U-tube.
3. How did the person who got fouled in the video feel? (The boy got hurt, felt bad, sad, etc.)
4. Talk about why it is important to keep your hands and feet to yourself when playing games in the gym. (Because someone could get hurt, it shows you respect the other people in the gym).
5. Show students various pictures (index card size) of people kicking, punching, touching, etc. and pictures of people who are interacting but not touching. With a “T” chart on a large piece of butcher paper, ask the students where the picture should go. The T chart will have two categories—“Being Safe in the Gym” and “Not Being Safe in the Gym”. Have students stand up and put the pictures under the correct heading. Discuss the students’ answers. Example: This is a picture of someone kicking another person. Teacher: Where do you think this should go? Student: It
should go under ‘Not being safe in the gym’. Teacher: Good answer. Why did you choose to put it under ‘Not being safe in the gym’? Student: Because when we kick other people it is not safe and it could hurt someone. Teacher: That’s right! It sounds like you really know the rules.

6. Ask students: “What should you do if a classmate does not keep their hands and feet to self?” Brainstorm together some good choices: Use your words and tell them to stop, walk away, tell the teacher, etc.

7. Model appropriate choices to use when a classmate does not keep hands and feet to themselves.

Role Play Examples

Modeling Positive Behaviors
1. Take the students to the gym to model positive behavior expectations.
2. Have students play a game of “My Back Yard” to practice keeping their hands and feet to themselves as a warm-up: Set up cones and tell the students it is the back yard and they can go anywhere they want but they can't touch anyone and they can't leave the yard. Give the students different movements to do, like hopping, skipping, wiggling, etc. After about a minute, tell them that you want to put in a pool so the yard gets smaller, but the rules stay the same. Keep adding stuff to the back yard (Hammock, Toolshed, etc) so that the space gets smaller and smaller. If students step out or touch each other they are out.
3. When the game is over, talk with the students about the game. What happened when the back yard got smaller? (It was harder to keep hands/feet to self, people bumped into me, etc) Did you have to be extra careful not to touch others when the backyard got smaller?
4. We may have to remember to be more careful in the gym as our space gets smaller!
5. Allow students to play a game of their choice in the gym, but remember to follow the same rules as if they were playing ‘backyard’.

6. Remember the 4:1 rule: 4 positives for every 1 corrective statement.
   a. Please remember to keep your hands to yourself.
   b. Now you’ve got it!
   c. Thanks for following the rules!
   d. Nice job staying safe in the gym.
   e. Way to go!