

The Reality of Being a Dual Subject Teaching in an Alternative Setting

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Presentation Notes

Connecting Physical Education and health:

- Pedagogy
- Bring physical activity to the classroom
- Interdisciplinary connections
 - o Terminology
 - o Content

By connecting these two subjects, the transition from the gymnasium to the classroom will be made easier.

Student Based Physical Education:

- Independent Warm-ups
 - o Students each have their own Warm Up Tracker that they complete each class.
 - o Once they are changed and exit the locker room they begin completing any 5 of the workouts around the gymnasium (all workouts have modifications).
 - o They should do as many of each exercise as they can and record their scores.
 - o When they finish, they should put their worksheet back in their folder and begin walking or stretching until class begins.
- Challenge by Choice
 - o Students will evaluate their own skill levels and place themselves in the appropriate group that will challenge them but they can also find some success.
- Skill Progressions
 - o Once students have selected their challenge by Choice groups, they will be given a skill progression sheet based on the level they chose.
 - o Every group will start with the same drill that will have been demonstrated by the teacher.
 - o Students will then be able to follow the progression sheet and progress to the next activity as they feel ready.
- Team Selection System
 - o Teacher will select several students to create even/fair teams for the class tournament at the end of a unit.
 - o These students will evaluate the class as they participate in an activity and create teams.
 - o The selected students will not be aware as to which team they will be on until the first day of game play.
 - o The selected students will pick a number out of a hat in order to determine which team they will be on. Their lack of knowledge as to which team they will be on serves as motivation to create fair teams.
- Reflections
 - o After certain classes throughout a unit, students will complete a quick reflection exit slip in order to reflect and evaluate on their skills during the unit.
 - o This will help guide future lessons and allow for the teacher to be aware as to which students may need more assistance and which can progress more quickly.

Health Education Activities:

- Journals
 - o Students have notebooks that they leave in the classroom, knowing only the teacher will be read them.
 - Students respond to “Do Now” prompts and complete other class activities in them while also using them as journals.
 - o Pen Pals
 - Write students back in their journals. Answer their questions and support them.

- Journal Fridays
 - Students may write about anything they please or they may draw. It is up to them how they would like to express themselves on journal Fridays.
- Be consistent!
 - If you are going to implement this and become pen pals with your students than you need to be consistent in reading and responding to them.
- Q & A Sessions
 - Anonymous Question Box
 - 5 Minutes prior to lesson or last 5 minutes of class
 - Allows break from traditional learning
 - Be honest if you do not know an answer
 - Allow students to research the answer if this is the case and they can share their findings with the class.
- People Party Project
 - Each class will select a specific drug and the students will work in small groups to create a life size person, suffering from an addiction to the chosen drug.
 - Each group will select a different part of the body and body system to work on.
 - They will draw out their given body part (head & neck/ torso/legs & reproductive systems/ arms, skin & blood vessels) and label the effects of the given drug.
 - One group will be designated to creating a backstory for the person that the class is working to create.
 - The only group that can check in to find out information from other groups are the storytellers.
 - At the end, the class will tape together their body parts to create one life size person with the effects of their drug. The storytellers will then read their story for the person created.
 - Selected staff will then act as judges to decide which class created the best/ most informative person and backstory.
- Grey's Anatomy Activity
 - Students will work in small groups
 - They will randomly select a staff member that they are to go find
 - Participating Staff members:
 - Will have prior knowledge of times students will be visiting
 - Pretend to have the mental illness designated to them
 - Answer student questions
 - Students have 3 guesses to figure out what mental illness their staff member has
 - Depending on if their get it right or not will depend on what the staff member give them to bring back to class
- Keep it Fun in the Classroom:
 - Music
 - Classic Joke Mondays
 - Clumsy Thumbsy
 - Fun Fact Fridays
 - Heads Up
 - Charades
 - Brain Breaks

Keys to Success:

- Prepare for everything
- Work to students strengths
- Give Options
- Be Flexible
- Be Yourself
- Have fun

Connect with your Students

Song Suggestions For Health Class

<u>Title</u>	<u>Artist</u>	<u>Unit/Topics</u>
1-800-273-8255	Logic Ft. Alessia Cara & Khalid	Mental/Emotional Health
Steven	Jake Miller	Mental/Emotional Health, Substance abuse
Ghost	Jake Miller Ft. Nikki Flores	Mental/Emotional Health, Bullying
Untitled	Simple Plan	Substance Abuse, DWI
Beautiful Pain	Eminem Ft. Sia	Mental/Emotional Health, Motivation
Fight Song	Rachel Platten	Mental/Emotional Health, Motivation
Try	Colbie Caillat	Mental/Emotional Health, Body Image
Funny	Tori Kelly	Mental/Emotional Health, Motivation
Unbreakable Smile	Tori Kelly	Mental/Emotional Health, Body Image, Positive Self Talk
Grateful	Rita Ora	Mental/Emotional Health, Motivation
The Sun is Rising	Britt Nicole	Mental/Emotional Health, Motivation
One Day You Will	Lady Antebellum	Mental/Emotional Health, Motivation
Masterpiece	Jessie J	Mental/Emotional Health, Motivation
Doubt	Mary J Blige	Mental/Emotional Health, Motivation
Rainy Dayz	Mary J Blige Ft. Ja Rule	Mental/Emotional Health, Motivation, Fun on actual rainy days
Just Fine	Mary J Blige	Mental/Emotional Health, Motivation, Positive Self talk
I'll Find You	Lecrae Ft. Tori Kelly	Mental/Emotional Health, Motivation
Halfway to Heaven	Brantley Gilbert	Substance Abuse, DWI
Kick Push	Lupe Fiasco	Mental/Emotional Health, Motivation
Broken	Lindsey Haun	Mental/Emotional Health, Motivation
Perfect	Simple Plan	Mental/Emotional Health, Motivation
Welcome to My Life	Simple Plan	Mental/Emotional Health, Motivation
Beautiful	Christina Aguilera	Mental/Emotional Health, Motivation, Body Image
Invisible	Hunter Hayes	Mental/Emotional Health, Motivation
Fly	Nicki Minaj Ft. Rihanna	Mental/Emotional Health, Motivation
Same Love	Macklemore & Ryan Lewis	Human Sexuality