

Approaches to Learning

THEIR ROLE IN PYPPE



thinking skills

- Critical thinking
- Creative thinking
- Information transfer
- Reflection and metacognition

research skills

- Information literacy
- Media literacy
- Ethical use of media/information

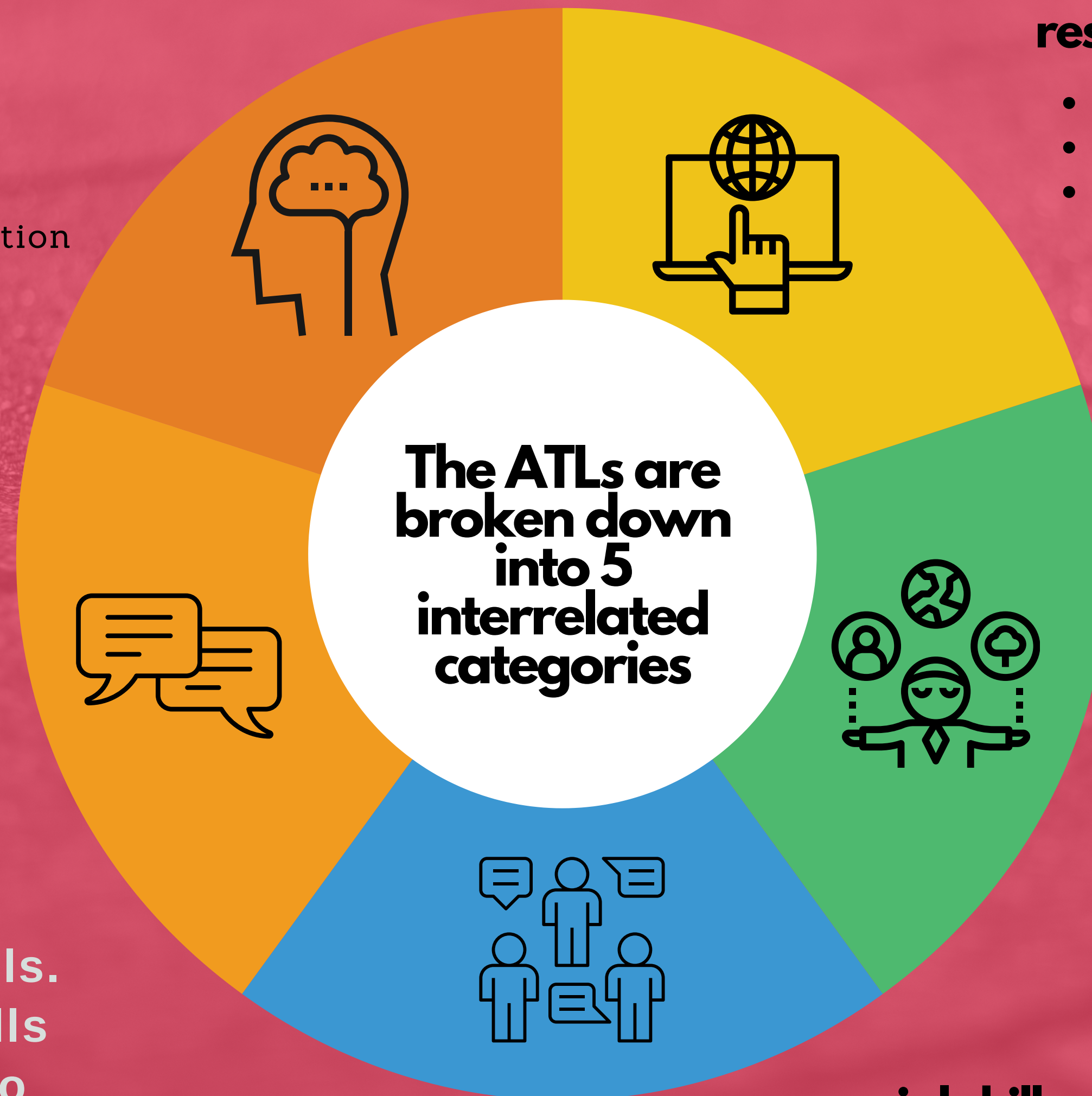
communication skills

- Exchanging information
- Literacy skills
- ICT skills

self-management skills

- Organization
- States of mind

The ATLs can be considered as life skills. Developing these skills are seen as crucial to success in and out of school.



social skills

- Interpersonal relationships
- Social-emotional intelligence

Understanding and applying social and ethical technology

- Where can I find trusted information?
- How can I use found trusted information?
- What can I do to determine whether the information I obtained is trusted?



ethical use of
media/information

Interacting with media to use and create ideas and information

- What keywords can I use for an effective search?
- What is this information trying to tell me?
- Is this information from a trusted, unbiased source?
- How can I share my findings?



media
literacy

Formulating and planning

Posing questions, outlining plans, selecting appropriate resources.

- What do I need to do to improve?
- How should our team be positioned?

Data gathering and recording

Recording data using a variety of techniques; tally, charts, etc. Gathering data from different sources.

- How do I know if I'm improving?
- What is the best way to track progress?

Synthesizing and interpreting

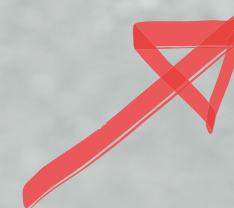
Sorting, categorizing, simplifying information into other forms, i.e.: tables, graphs, procedural writing.

- How do I demonstrate my learning?
- How can I teach these skills to others?

Evaluating and communicating

Drawing conclusions, presenting honest, factual information.

- What is my recorded data telling me?
- What are the next steps with my data?



information
literacy

research skills



Analysing

Observing, breaking down skills and ideas, considering meaning of things or situations.

- How do I learn a new skill?
- How can I break down this skill?
- What am I seeing?
- Based on the strengths of my team, what positions should they play?

Evaluating

Identifying challenges, determining a value of an idea, a plan, a skill, etc.

- What is going to challenge us?
- How did I perform?
- Will this plan work?

Forming decisions

Idea generation, drawing conclusions, adapting to new situations using past experiences.

- How can I overcome this new challenge?
- What can I do to solve this problem?
- Our team is not doing so well, we need a new plan, what should we do?

Generating novel ideas

Thinking differently, improving products or systems.

- How can I process my new idea?
- How can I share my new idea?
- This isn't working, what can I do to improve it?

Considering new perspectives

Thinking openly, hypothesizing, considering alternatives.

- What will happen if...?
- What is another way of doing this challenge / solving this problem?

Using skills and knowledge in multiple contexts

- How can I use what I learned in PE into other subjects or in situations outside of school?
- I have done this before, how can I teach this to others?
- What is the best way to remember what I learned?

Using thinking skills to reflect on the process of learning

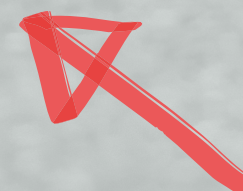
- What did I learn today?
- What can I already do?
- How can I improve next time?



information transfer



reflection and metacognition



creative thinking



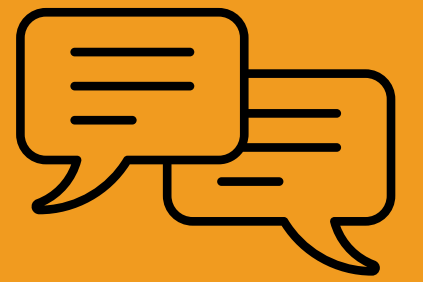
critical thinking

thinking skills



communication skills

exchanging
information



Listening

Active listening, using clarifying questions, following directions.

- What is required of me?
- Am I understanding what is being said?

Interpreting

Understanding meaning through visuals, symbols, non-verbal communication, etc.

- What am I seeing?
- Am I understanding what is being communicated?

Speaking

Expressing ideas clearly, giving and receiving feedback, discussing and negotiating ideas and knowledge.

- Did my team understand what I said?
- How can I best express my ideas?

Reading

Reading a variety of sources for a variety of situations, critically reading material for understanding.

- Am I understanding what is written?
- How can I use what I have read?

Writing

Using a variety of writing styles for different purposes, finding and summarizing key points, organizing information logically.

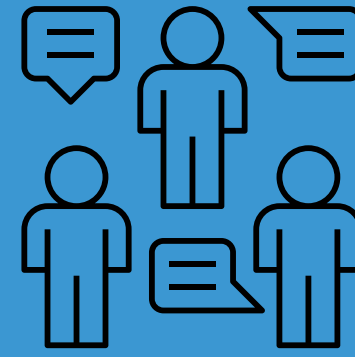
- Is my writing effectively sharing my knowledge / ideas / thoughts?
- Has what I have written logical and clear?

literacy

ICT

Communicating using technology to gather, investigate and share information

- Which IT tool is best to use for what I need?
- Am I using this IT tool appropriately?



social skills

interpersonal relationships

Being empathetic, caring and respectful, open to different perspectives, encouraging others, negotiating, consensus building, taking on different roles.

- How can I work best with this team?
- What are the qualities of a successful team?
- I noticed that a team member is not comfortable in this team, what can I do to help?

social and emotional intelligence

Being aware of emotions, both self and of others, managing anger, resolving conflict.

- How can I manage my emotions?
- I am feeling frustrated, what do I need to do?
- How should I act in these situations?



self-management skills

states of mind

organization

Goal setting, time management, appropriate use of technology, bringing required equipment and supplies to class, completing tasks.

- Do I have everything ready for this class?
- What is the best way to set a goal?
- How best do I learn?
- Will I complete this task on time?

Mindfulness

Using strategies to remain focused, being aware of mind-body connections.

- I need to focus, how can I do that?
- If my mind is distracted, I won't perform well. What can I do?

Perseverance

Being persistent, demonstrating grit, finding ways to overcome barriers.

- How can I complete this challenge?
- This is difficult but I can do this. What do I need to do?

Emotional Management

Managing anger, taking responsibility for action taken, using strategies to cope, eliminating bullying.

- I've done wrong by my team, how can I take responsibility?
- I'm feeling frustrated, what can I do to cope?
- My team is in conflict, how can I resolve this issue?

Self-motivation

Practice positive thinking and language that reinforces self-motivation.

- What can I tell myself to keep going?
- I'm tired but I have not finished the race, should I give up?

Resilience

Managing setbacks, working through adversity, disappointment and change.

- What can I do to keep going?
- We lost but we have another match ahead. How can we pick ourselves up?

further reading

For more detailed information, check out IBPYP Learning and Teaching, pp. 31-45.



Physical Education for the 21st Century