

Viewing Protocol

Title: Circuit Training for High School Students

Link: http://www.pecentral.org/mediacenter/video_full_HScircuit.html

Grade: High School

Learning Goals and Success Criteria

Based on the information provided, students could most likely determine the learning goals:

- Executing the right form of a particular exercise
- Improving cardio, muscular endurance, and strength

Successful performance (the success criteria) is articulated verbally and through models (in writing, diagrams and physical demonstrations). Students check their heart rate to determine the intensity level of their workout, which is supposed to be between 3-5. There are also criteria specified for each exercise.

What do you notice about the Learning Goals and Success Criteria? What commendations and/or suggestions would you offer for this teacher?

Eliciting and Interpreting Evidence

The teacher structures several opportunities to generate evidence of student learning. These include checking students' recordings of their heart rate which allows her to see how intensely they are working out and observations of students' form as they are engaged in the various exercises.

What do you notice about the teacher Eliciting and Interpreting Evidence? What commendations and/or suggestions would you offer for this teacher?

Taking Pedagogical Action

The teacher adapts her actions based on evidence gathered during the lesson. In particular, she gives further instruction to help individuals and groups of students use the correct form during exercises. She also tells certain students who are struggling with particular exercises due to injuries to make specific modifications. Just before the mid-way point in the lesson, the teacher simplifies one of the exercise courses (removing a hurdle) because the students are getting tired. She also suggests a modification for that particular exercise to accommodate students' fatigue so that they can keep correct form (changing it from a single to a double leg exercise).

What do you notice about the teacher Taking Pedagogical Action? What commendations and/or suggestions would you offer for this teacher?

Student Self and Peer Assessment

Students engage in self-reflection in terms of checking their heart rate and determining if they are exercising in the range of intensity levels 3-5. Students are instructed to routinely take action based on their own assessment by adjusting the challenge of the various exercises. To support this, there is an information card at each exercise station with information on how to modify the intensity of the activity. Modifications are also modeled at the beginning of the lesson. It is unclear whether students actually modify their activity based on their self-assessment.

What do you notice about the Student Self and Peer Assessment? What commendations and/or suggestions would you offer for this teacher?