Name/Title: **One Minute**

Purpose of Event: To establish expected classroom behavior in a positive way.

Suggested Grade Level: K-2

Materials Needed: 1 poster (laminated) titled "Free Game Day" listing each individual class and decorated with pictures of happy children, different kinds of balls, physical education equipment, etc.; 1 magic marker; tape or tacks to secure poster to bulletin board or wall; 1 container of dry erase board cleaner

Description of Idea

Before you introduce this motivational idea, make sure you have clearly expressed your classroom expectations to students. Then, each time a class is doing an excellent job of following your expectations during P.E. class without being reminded to do so, happily announce "**1 minute**" and compliment the group on the behavior you have noticed. Then **add a minute** to the group's total on your chart. When the class has earned the number of minutes you have designated prior to the use of this method, the group may have an **extra class period** of games/activities of their choice. (I use 20 minutes -- which is the length of their daily physical education class -- as their target.)

Of course, **taking a minute away** for poor group behavior also works very well. Just announce, in a more stern voice, "1 minute!", and subtract a minute from their total. This is also a way to integrate math into your physical education curriculum by having the children figure out how many more minutes the group needs to earn their reward.

Variations:

Use a shorter target time for classes with behavior problems

Submitted by **Rose Sandstrom** who teaches at Monmouth District School #38 in Monmouth , IL . Thanks for contributing to PE Central! **Posted on PEC: 5/17/2000**.

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