

GROWTH MINDSET

Tamalpais High School – Core 1 – Physical Education

Mr. Nygaard

Fall 2017

DEFINITION OF GROWTH MINDSET

- Growth mindset is the belief that intelligence and physical skills can be developed over time.

Fixed Mindset	Growth Mindset
Intelligence is static.	Intelligence can be developed.
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
• avoid challenges	• embrace challenges
• give up easily due to obstacles	• persist despite obstacles
• see effort as fruitless	• see effort as path to mastery
• ignore useful feedback	• learn from criticism
• be threatened by others' success	• be inspired by others' success

GROWTH MINDSET IN PE

Details:

- Every day students will be graded on how you apply a growth mindset to the activities we do each day. This includes both the physical activities and the classroom activities.
- Students can "earn" up to 5 points each day.
- Applying a Growth Mindset counts for 50% of the overall grade each semester.

Components:

- Preparation
- Active participation
- Uses effort and practice to improve
- Seeks challenges
- Builds positive relationships
- Grows from setbacks
- Understands personal impact on team and class

PREPARATION

- Student comes to class on time, dressed in proper PE attire, with their Sportfolio, writing utensils, and any assignments necessary for success in the class.

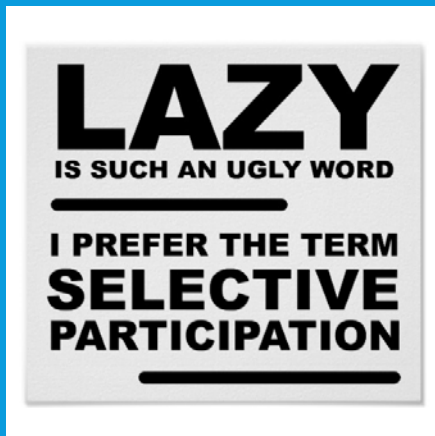
**Success depends upon
previous preparation,
and without such
preparation there is
sure to be failure.**



~Confucius

InspirationQuotes.Club

ACTIVE PARTICIPATION



- Student actively participates in all physical activities and classroom lessons to the very best of their abilities.
- Student takes initiative and has strategies for getting involved and staying focused.

USE EFFORT AND PRACTICE TO GROW



- Student actively demonstrates that trying hard and practicing improves physical skills and performance in the classroom.
- Student also shows they understand the process takes time and patience.

SEEKS CHALLENGE

- Student embraces physical and academic challenges and takes risks to pursue learning opportunities.
- Student overcomes personal barriers such as previous beliefs that may prevent taking risks.

**He who is not
courageous
enough to take
risks will
accomplish
nothing in
life.**

-Muhammad Ali



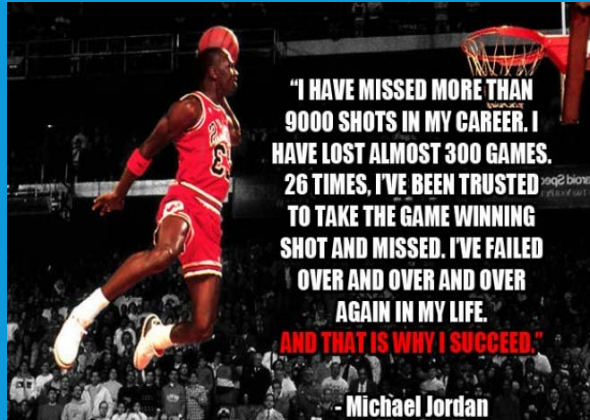
BUILDS POSITIVE RELATIONSHIPS



- Student uses class activities to build positive relationships with fellow students and teacher in order to pursue goals, enhance learning, and build a welcoming class & school culture.

GROWS FROM SETBACKS

- Student understands that growth occurs from failures and setbacks.
- Student doesn't allow setbacks to prevent them from challenging themselves to try new and foreign activities.



UNDERSTANDS THE IMPACT OF PERSONAL ACTIONS ON CLASSROOM AND PHYSICAL ACTIVITIES

- Student understands that their personal actions have a significant impact on team activities and classroom lessons.



http://www.whatkidscando.org/resources/spec_growthmindset.html