

APPENDIX J

DISCIPLINARY LITERACY IN PHYSICAL EDUCATION

When students of physical education read, they

- “Read” video clips, paying attention to minute details such as body positions, team formation, individual mistakes, and pivotal moments
- Interpret specialized vocabulary and phrases related to motor skills, sports, and fitness
- Visualize movements from verbal and written descriptions
- “Read” a sports performance and evaluate strengths and weaknesses of individuals and teams
- Notice author’s perspective when reading blogs and articles or listening to commentary
- Translate symbols, diagrams, illustrations, and charts to concepts
- Interpret and analyze numerical data related to sporting events and individual performances
- “Read” meaning of body positions and gestures from coaches, teammates, and referees
- Interpret fitness readings gathered from technology (e.g., personal fitness monitors like FitBit, heart monitor, body fat ratio)
- Notice themes of perseverance, overcoming obstacles, and learning from mistakes in novels, sportscasts, articles, and sports movies
- Attend to cause-effect relationships between nutrition, exercise routines, and mindset on fitness and performance
- Evaluate written or oral feedback from coaches and teammates
- Analyze details related to game rules and regulations, noting similarities and differences pertaining to different athletic competitions

When students of physical education write and discuss, they

- Use short, succinct sentences or phrases to describe details
- Compose and defend arguments based on evidence and expert sources
- Communicate with charts, diagrams, sketches, and symbols
- Employ precise vocabulary and technical jargon when describing movement
- Express analysis of athletic competitions in terms of strategies, team tactics, and player moves
- Analyze problems and propose solutions related to physical fitness, team performance, or pace of progress
- Apply knowledge of physical fitness to articulate goals for personal improvement
- Provide feedback that is specific and detailed
- Note similarities and differences between sports

- Make connections between specific conditioning practices to strength and agility
- Persuasively communicate priority of cooperation and selflessness in team sports over individual performance
- Articulate cause-and-effect relationship between physical activity and health, mood, self-discipline, and social interaction

Resources for Teachers and Coaches

<https://www.weareteachers.com/social-studies-websites/>

Those Who Can Coach Can Teach: Collaborating with Athletic Coaches by Mary Ehrenworth and colleagues.

Excellent article about including coaches to raise the level of students' close reading, argumentation skills, and academic agency. Describes how English, science, and history teachers collaborate with athletic coaches to intensify close reading, argumentation, and overall academic engagement.

Writing on the Bus: Using Athletic Team Notebooks and Journals to Advance Learning and Performance in Sports by Richard Kent. Good resource for coaches to promote reflection, goal-setting, and analysis through writing.

Websites

<http://www.writingathletes.com>

The author shares ways of using writing activities with athletes through journals and team notebooks.

<https://www.physical-literacy.org.uk/resources/>

This website by the International Physical Literacy Association contains blogs, research, and articles about physical literacy.

<https://www.nutrition.gov/subject/life-stages/teens/tweens-and-teens>

This USDA-sponsored website offers credible information to help make healthful eating choices. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

<http://www.sciencedaily.com>

Students can research topics related to sports, fitness, and nutrition such as articles about sports injuries, research on muscles, and impact of exercise on the heart.

<http://www.carolhurst.com/subjects/sports.html>

This website contains recommended books and lesson ideas for middle school readers.

<http://kassandcorn.com/teachercoach/>

Two teachers create units, classes, and programs that support movement and student growth in reading and writing that can be adapted for older students.

<https://www.shapeamerica.org//standards/upload/National-Standards-Flyer.pdf>

A website by Shape America lists standards for K–12 physical education.

<https://dpi.wi.gov/sspw/physical-education/disciplinary-literacy>

Wisconsin's website provides a definition of physical literacy along with teaching ideas.

<http://www.healthday.com/lifestyle-news.html>

This website (available in Spanish and English) has one-page articles and videos about current topics such as cyberbullying, sports and adolescent brains, and high-nicotine E Cigs.

<http://www.nytimes.com/section/learning>

This Learning Network site is an excellent resource for teachers and has articles about sports, health, and nutrition.

Book Recommendations for Starting a Classroom Library

Athletic Shorts: Six Short Stories by Chris Crutcher. Although each of these six stories has something to do with sports, growing up is a more prominent theme.

Beartown: A Novel by Fredrik Backman. The author of *A Man Called Ove* writes about a small, hockey-mad town whose hopes and loyalties are torn apart by a crime no one wants to believe happened.

The Best American Sports Writing edited by Glenn Stout and Howard Bryant. These stories prompt readers to ask difficult questions about who we are, as individuals and as a nation: What does it mean when a football player takes a knee during the national anthem, who decides where the remains of an American legend should rest, and how far will people go to reclaim dreams that seem out of reach.

The Boys in the Boat: The True Story of an American Team's Epic Journey to Win Gold at the 1936 Olympics by Daniel James Brown. The inspiration for the PBS *American Experience* Documentary. Following the Great Depression comes the astonishing tale of nine working-class boys who at the 1936 Olympics showed the world what courage and resolve really meant. (A Young Readers Adaptation is available for fourth to seventh grade.)

The Crossover by Kwame Alexander. Josh tells his family's story in verse, in this fast-paced middle grade novel of basketball, family, and brotherhood. Recommended for Grades 5 through 7, but older students will also enjoy reading it.

Friday Night Lights: A Town, a Team, and a Dream by H. G. Bissinger. Excellently written and reported, this book investigates all the positive and negative nuances that accompany the football culture in a small Texas town in the late 1980s. It deals frankly with racism, sexism, homophobia, underage drinking, and the glorification of sports and masculinity and will spark reflection and discussion among older students.

Ghost by Jason Reynolds. This story about overcoming tragedy and finding where you belong is the first of Reynolds's middle grade track series. Set on the track field, it includes themes of bullying, controlling anger, escaping your past, and pursuing things you're passionate about.

Gutless by Carl Deuker. Brock, a talented athlete, doesn't like to take hits on the football field. When he is cut from the team, he and his friend Richie experience cruel bullying by the quarterback. Find out how Brock reacts when the bullying goes too far, and he must confront his fears. Plenty of football action and realistic dilemmas faced by teens make this a winner.

Hit Count by Chris Lynch. Arlo is committed to becoming a football star, despite his mother's growing concern about concussions and their effects. Eventually Arlo must sit out because of his high "hit count," yet he is still driven by his desire to play. Lynch tells a story that will make readers think about the American love affair with contact sports, the passion and football mentality of players, along with the very real dangers caused by head trauma.

Miss Mary Reporting: The True Story of Sportswriter Mary Garber by Sue Macy, illustrated by C. F. Payne. This illustrated biography of Mary Garber, one of the first female sports journalists in American history, is fascinating for readers of all ages. In a time when African American sports were not routinely covered, Mary led the way. Today the Mary Garber Pioneer Award is presented every year in Mary's honor.

101 Questions About Muscles: To Stretch Your Mind and Flex Your Brain by F. Hickman Brynie. This author answers various questions about muscles, including "How much of human body weight is muscle?," "How does weightlifting build muscle?," and "Why do men have bigger muscles than women?"

The Playbook: 52 Rules to Aim, Shoot, and Score in This Game Called Life by Kwame Alexander. This book is illustrated with photographs by Thai Neave and is intended to provide inspiration on the court of life. Each rule contains wisdom from well-known athletes and role models such as Nelson Mandela, LeBron James, and Serena Williams. It is written for grades 5 through 7, but older students will also appreciate its themes.

Scorecasting: The Hidden Influences Behind How Sports Are Played and Games Are Won by Tobias J. Moskowitz and L. Jon Wertheim. University of Chicago behavioral economist Tobias Moskowitz teams up with veteran *Sports Illustrated* writer L. Jon Wertheim to debunk some of the most cherished truisms of sports—Does defense really win basketball games? Is there really a home field advantage? These authors reveal the hidden forces and true statistics that shape how basketball, baseball, football, and hockey games are played, won, and lost.

17 Indisputable Laws of Teamwork by John C. Maxwell. This book is about the vital principles of team building. It is written for coaches, players, teachers, students, CEOs, and volunteers. Interesting stories about others who have been empowered by these principles demonstrate attitudes for building a successful team.

Summer Ball by Mike Lupica. When 13-year-old Danny attends one of the top basketball camps with his team, he meets some surprises. For one thing, being at the top just means the competition tries that much harder to knock him off. This author has written several young adult best sellers about sports as well as columns, novels, and nonfiction books for adults.

Twelve Rounds to Glory by Charles R. Smith Jr. This is an in-depth look at Muhammad Ali's life through twelve rhyming poems with unique artwork that combines collage and water color. Readers will journey with "The Greatest" through his struggles and victories—in the ring and in life. From his fights with Sonny Liston and Joe Frazier to his battles against societal prejudice and war, Ali believed in standing up for his beliefs.

Women in Sports: 50 Fearless Athletes Who Played to Win by Rachel Ignotofsky. A richly illustrated book highlights the achievements and stories of fifty notable women athletes from the 1800s to today such as skateboarder Patti McGee and gymnast Simone Biles. The book also contains infographics on topics that women athletes will want to read: muscle anatomy, a timeline of women's participation in sports, pay and media statistics for female athletes, and influential women's teams.