

Flipping Your Instruction

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As teaching professionals one question that we need to ask ourselves is, What is the best use of our face-to-face time with our students? Taking advantage of Flipped Learning as an instructional method could help you to use some of your time with your students in a more efficient manner and even allow your students to progress at their own pace.

What is Flipped Learning?

“Flipped Learning is a pedagogical approach in which first contact with new concepts moves from the group learning space to the individual learning space in the form of structured activity, and the resulting group space is transformed into a dynamic, interactive learning environment where the educator guides students as they apply concepts and engage creatively in the subject matter.”

Robert Talbert, 2017

What stands out to me in this definition is the idea that we can give students time to apply the concepts. Basically, instead of spending time lecturing to students about a game, or exercise or procedure, while they all stand around and listen (and are not being active) we can turn that lecture into a video (or a handout or reading, it does not have to be a video) and the students can learn the material on their own. Then, when they enter your classroom space or gymnasium, they are well on their way to understanding the basics and can begin to work with the material. I have found this to be especially helpful for those who may be intimidated by a certain type of exercise or unit (dance, for example). These students can review the material on their own, as often as they like, until they feel some level of comfort. Then, when they enter class to practice or apply the material they are better able to participate because they feel more comfortable. Of course this is also a big part of Physical Literacy. If students feel competent and confident, they will be motivated and will participate. On the other end of the spectrum, students who may already be familiar with the material will just need to review the video once and they will be ready for class. They will not feel as if they are being held back or need to wait while other students catch up or struggle with the material. With large class sizes and varying levels of skill in each class, this method can really be a lifesaver. Another positive aspect to this instructional method is that the parents can also see what is happening in class and can assist their children with the preparation.

As with any new instructional method it will take some planning on the part of the teacher to prepare a Flipped Lesson. And if you want to prepare videos and you have no experience this can sound daunting, but there are many ways to accomplish your goals and many people who will help you. In addition, there are many videos already created that you could utilize as you begin the process. Please note the references below, which are only a few. I am currently completing a Flipped Learning Certification through the Flipped Learning Global Initiative and it has been very helpful. Jon Bergmann has an entire section on the nuts and bolts of how to prepare your video. There are also many teachers who are happy to share their expertise. Judson Sickler, (a PE Teacher at Cupertino Middle School) for example, presented a seminar at last year's CAHPERD on Flipped Instruction. He had a lot to share including some great videos and tips. It is because of his presentation that I decided to provide one myself. Judson would be here with us but he is expecting a baby so perhaps next year the two of us can present together.

Please feel free to contact me with any questions or if you have something to share.

References & Resources

The Flipped Learning Global Initiative. Flglobal.org

Flip It Consulting. Barbihoneycutt.com. Barbi offers a free 7-day **FLIP It** email course that you can access at flipitconsulting.com.

Bergmann, Jonathan and Aaron Sams, [flip your classroom: REACH EVERY STUDENT IN EVERY CLASS EVERY DAY](#), International Society for Technology in Education, 2012.

Talbert, Robert, [Flipped Learning: A Guide for Higher Education Faculty](#), Stylus Publishing, 2017.

Judson Sicklers website: <https://www.sickfitpe.com/>

Sample of Judson's videos: Swing Dance (<https://vimeo.com/album/4395839>)
Tinikling (<https://vimeo.com/78037167>)

Sample video made by two of Fay's students at FPU on Hopping (<https://youtu.be/Qpk83D6w5No>)