Brilliant ways to use the **messaging function** on miMove

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- Message a **magic word** to all students and ask for it during the lesson

- Message a **single letter** each day that make up a keyword

- **Countdown**: Send out a series of letters and ask students to make as many words as possible related to the *activity* they are studying

Find Out!

- Message questions about the activity that they are learning e.g. rules, technical language, key movements, skills, tactics

- Message questions about the culture of the activity e.g the history, high level performers, stories of people from under-represented groups e.g. women or disabled people

- Send a link that takes them to an article or video for them to research the activity

- Ask them to think about how an activity **made them feel** and try to **describe** it in a sentence/short paragraph:

    - **how they felt before doing the activity:** e.g. stressed, unmotivated, distracted, sad, ready, excited, keen, cheerful

    - **how they felt during the activity**: e.g. strong, uncomfortable, determined, tired, focused, self-conscious, sweaty, awkward, motivated

    - **what emotions they felt after doing the activity:** e.g. energised, calm, tired, irritable, alert, proud, embarrassed, confident

- OR ask them to try to think carefully of **3 words** that describe their feelings *as honestly and as accurately* as possible:

    - Before my activity, I felt …..
    - During my activity, I felt …..
    - After my activity, I felt …..

And then review this at the end of a half term.

Feelings
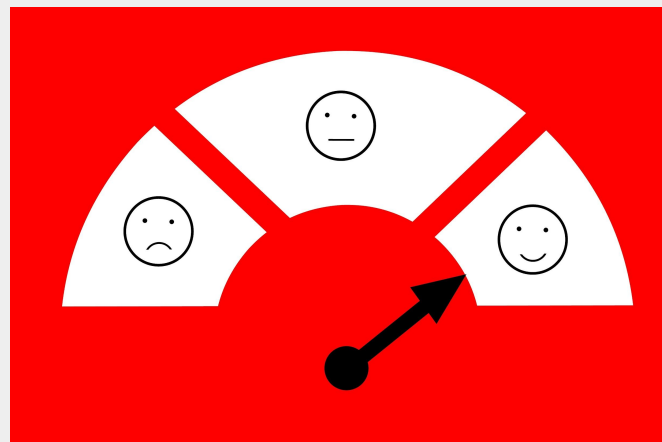
Pre Lesson: Target Setting

Use the messaging function to ask the students **to set a target** that they hope to achieve by the end of the lesson or series of lessons.

Specify the domain in which the target should relate to:

- Movement, Attitude, Thinking
- Physical, Social & Affective, Cognitive
- Head, Heart, Hand

Provide support by offering examples with gaps:

Movement targets (Physical domain) e.g. Gymnastics

- I will create and refine a routine that includes [2] jumps, [2] rotational movements and [3] balances
- I will learn to perform [2] rolls, jumps, balances, inversion movements that I can not do (very well) at the moment

Attitudinal domain (Social and Affective)

- I will make people around me feel [motivated, safe, happy etc] by …….
- I will find success by focussing on my efforts (the process) and worrying less about the outcome

Thinking targets (Cognitive domain)

- I will improve my ability to see and move into space away from the ball (in wide/deep/tight) positions
- I will improve my decision-making when selecting an ambitious but low odds pass/shot *or* a safe one. I will know that I've got better by making less errors.

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Post Lesson: Reflection

Ask a key question in the lesson and tell students to post their answer on the free writing section of the app for this activity

As above but use the messenger function to *post* the key question

Ask the students to use the free writing section to justify their choice of 'how if felt' answer e.g. Write 2 sentences to explain why you felt how you did.

As above, ask the student to focus on (and possibly rate) one of the features of [meaningful PE](); Social connectedness, challenge, personal relevance, delight, competence

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Praise, Challenge, Ask

Praise individuals/ groups / whole class for progress made and what they did to make progress e.g:

The focus you brought to your practice was great and that's why your [shooting] improved.

Wow! I really enjoyed how you linked a handspring with a roll in your sequence.

Well done for taking a risk / experimenting with [a new passing technique].

You did a brilliant job leading your team today - you've really worked hard to improve the clarity of your communication.

Set challenges and targets for the next lesson e.g:

Well done for the progress made in improving the tightness of your dance. To make it even better try using all the space.

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WELL DO