

Routines Typically Used in Physical Education Classes

Routines	Purpose	What are your routines?
Entry	What to do when entering the gym, can include warm-up or instant activity and specific space to go to	
Attention/Quiet	A teacher signal for attention and the expected student response	
Home base	A specific place (area of gym/field, spot, number, team home) for a student or group to go to when instructed	
Gather	A way to move from a dispersed situation to a centralized location and how to organize at that centralized location	
Disperse	A way to move, on cue, from a gathered format to any dispersed format	
Gain attention	The appropriate way for a student or group to gain the attention of the teacher	
Retrieve	The appropriate procedure for retrieving an object when it has invaded the space of others during game or practice task	
Grouping	The process of determining how students will be placed into groups	
Finish	The procedure for ending a lesson (typically includes a closure and sometimes a cool-down)	
Leave	The procedure for leaving the space and returning to classroom or locker room	
Boundaries	Explanation of boundaries and expectations of self-space & general space	
Housekeeping	Involves routines for dressing out, appropriate language, using the bathroom, getting water, dealing with injuries, fire/tornado drills, etc.	