

# Professional Development

## PHYSICAL EDUCATION TEACHERS

Empowering PE Teachers for Lifelong Growth and Student Impact

### WHY?

- 1. Enhances Teaching Expertise**  
PD helps teachers stay updated on evolving practices to create dynamic, student-centred learning experiences.
- 2. Adapts to Student Diversity**  
Inclusive approaches from PD foster equitable learning opportunities.
- 3. Strengthens Collaboration and Networks**  
PD builds professional communities that innovate and share best practices.

In new PD approaches, teachers lead the talking, thinking, and learning, with talk central to sharing and analyzing ideas, values, and practices (Feiman-Nemser, 2010).

### TRENDS

- 1. Teacher-Centred Learning**  
PD should align with teachers' needs and interests, giving them ownership to make it more authentic and relevant to daily practice (Patton et al., 2013).
- 2. Collaborative Practices**  
Co-learning through networking, observation, and feedback is crucial for effective teacher development (Avalos, 2011).
- 3. Active & Sustained Participation**  
Sustained PD helps teachers refine and internalize learning for deeper outcomes (Tannehill et al., 2021).
- 4. Hybrid Delivery Models**  
Blended learning models, combining online flexibility with in-person, are promising (Andre et al., 2021).

The most common form of professional development for PE teachers tends to be traditional in nature, with limited opportunities for ongoing, sustained learning that includes follow-up support (Tannehill et al., 2021).

### GLOBAL PD

- 1. PHE Canada National Conference**  
Focused on physical and health education in Canada.
- 2. SHAPE America National Convention & Expo**  
A 5-day event for PE teachers in the United States.
- 3. EARCOS Teachers' Conference**  
Takes place in Asia and rotates topics, including PE, every third year.
- 4. ECIS Physical Education Conference**  
Often held in Europe, bringing together educators globally.
- 5. PHASE Asia Pacific Conference**  
A hub for PE educators and Athletic Directors in the Asia-Pacific region (and beyond).

### ACTION

1. Engage in needs-based PD (workshops, online courses).
2. Participate in collaborative learning communities (PLNs, peer feedback).
3. Conduct action research in your practice.
4. Attend in-person and/or virtual conferences.
5. Listen to relevant PE podcasts for continuous learning.
6. Advocate for sustained and supported PD initiatives.
7. Reflect regularly on PD takeaways and apply them in your daily practice.
8. Promote the value of PE within your school.

### REFLECTION

- PD initiatives are most successful when coupled with sustained *reflection*, ongoing support, and opportunities for co-learning through observation (Andre et al., 2021; Tannehill et al., 2021).
- Reflect* on your PD experience and consider asking questions like:
- What were the key takeaways from recent PD sessions?
  - Did the PD address my specific needs and interests?
  - Was I actively engaged in the learning process?
  - How will I apply the new strategies or knowledge in my practice?