

5 TIPS & STRATEGIES for First Year PHYSICAL EDUCATION TEACHER



1 Find a Mentor

Find someone who possesses the qualities you want to have as a teacher and ask them how they did it. You want someone you know will be **supportive, nonjudgmental, and trustworthy**. Be careful not to go to just anyone and start venting your frustrations or concerns. The right mentor can help you navigate tough situations and avoid even tougher ones.



Plan, Plan, Plan

You cannot make it through your first year by the seat of your pants alone. You need to deliberately **plan your lessons and how you will handle behavior, engage the school staff and community**, and so much more. It will take a lot of work and a good amount of resources as you are doing this for the first time.

2

3 Make Time for You

You are going to feel overwhelmed and stressed. Even in ideal situations, teaching can be exhausting. **Make time for yourself or you will burn out** and it will show through in your performance. Think about what relaxation means for you and make time for that.



Long-Term Perspective

Becoming a master teacher takes time. Your **first year is about learning the ropes** and becoming comfortable in your school and district. As you progress through your career, you will build a toolbox of teaching resources and hacks that you can pull from. Keep the long term in mind during this time.

4

5 You Are the Adult

Keep in mind that you are the adult, and when you discipline or are interacting with the children, they are not your friends. **There is a big difference between being friendly and a friend**. It is good to get to know your students and be kind, but being professional is more important than being liked.



More insights and tips on "How to Become Successful as a New PE Teacher":

<https://ssww.teachable.com/p/new-peteachers>