

# How Understanding Threshold Concepts in Physical Education Can Transform Your Teaching Approach

In the field of physical education, teachers have the important task of introducing and teaching various concepts related to fitness, health, and movement. While some concepts are relatively easy to grasp, others may prove to be more challenging for students. This is where the idea of "threshold concepts" comes into play.

## What are Threshold Concepts?

Threshold concepts are core ideas or theories that, once understood, open up a new way of thinking or approaching a specific subject. They are often transformative and can significantly influence students' learning experiences. In physical education, threshold concepts help students develop a deeper understanding of the subject matter, enabling them to make connections and apply knowledge in more meaningful ways.

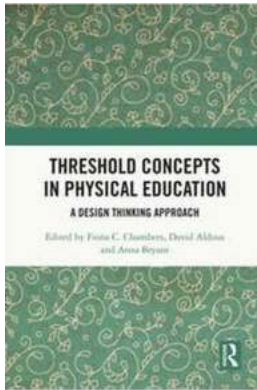
## Examples of Threshold Concepts in Physical Education

1. Biomechanics: Understanding how the body moves and functions allows students to analyze and improve their own movement patterns. This knowledge can impact their performance in sports and activities, as well as reduce the risk of injuries.

### **Threshold Concepts in Physical Education: A Design Thinking Approach**

by Amy Butler Greenfield (1st Edition, Kindle Edition)

★★★★☆ 4.8 out of 5



Language	: English
File size	: 3260 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 212 pages
Paperback	: 278 pages
Item Weight	: 13.9 ounces
Dimensions	: 6.14 x 0.58 x 9.21 inches
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2. Metabolism: Exploring the concepts of energy systems and metabolism helps students understand how their bodies utilize nutrients and energy during physical activities. This knowledge can guide them in making informed decisions about their diet and exercise routines.

3. Sociocultural Influences: Recognizing the impact of social and cultural factors on individuals' participation in physical activities can help students develop a broader perspective on fitness and well-being. It promotes inclusivity and encourages them to consider different perspectives and approaches.

## **Benefits of Teaching with Threshold Concepts**

1. Deeper Learning: By focusing on threshold concepts, teachers can facilitate a deeper level of understanding among students. Rather than just memorizing facts, students engage in critical thinking and problem-solving to grasp complex ideas.

2. Increased Engagement: Threshold concepts are often thought-provoking and can spark curiosity and interest in students. They provide a sense of relevance

and purpose to their learning, which increases motivation and engagement in physical education classes.

3. Application in Real-Life Settings: When students comprehend threshold concepts, they can transfer their knowledge to real-life situations. For example, understanding the concept of biomechanics can lead to better technique and performance in sports and other physical activities outside the classroom.

## **Strategies for Teaching Threshold Concepts**

1. Identify the Threshold Concepts: Familiarize yourself with the core ideas relevant to physical education. Reflect on which concepts have the potential to transform students' understanding and approach to the subject.

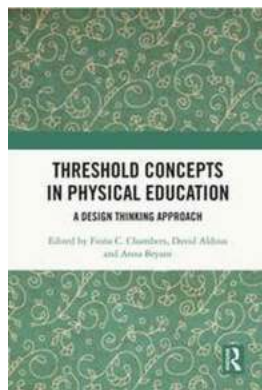
2. Provide Contextualized Examples: Help students make connections between the threshold concepts and real-life situations. Use examples and case studies that encourage students to apply their knowledge to practical scenarios.

3. Encourage Discussion and Reflection: Engage students in discussions and reflective activities that allow them to explore different perspectives and deepen their understanding of the threshold concepts. Provide opportunities for collaboration and peer-to-peer learning.

4. Use Multimedia Resources: Incorporate interactive videos, simulations, and other multimedia resources to enhance students' understanding of threshold concepts. These resources can provide visual and experiential learning opportunities.

Threshold concepts in physical education offer immense potential for transforming teaching and learning experiences. By focusing on core ideas that open up new ways of thinking, teachers can guide students towards deeper

understanding and application of knowledge. Embracing threshold concepts in physical education not only enhances students' learning outcomes but also nurtures their lifelong engagement in physical activity and overall well-being.



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This innovative and user-friendly book uses a design thinking approach to examine transformative learning and liminality in physical education. Covering theory and practice, it introduces the important idea of ‘threshold concepts’ for physical education, helping physical educators to introduce those concepts into curriculum, pedagogy and assessment.

The book invites us to reflect on what is learned in, through and about physical education - to identify its core threshold concepts. Once identified, the book explains how the learning of threshold concepts can be planned using principles

of pedagogical translation for all four learning domains (cognitive, psychomotor, affective and social). The book is arranged into three key sections which walk the reader through the underpinning concepts, use movement case studies to explore and generate threshold concepts in physical education using design thinking approach and, finally, provide a guiding Praxis Matrix for PE Threshold Concepts that can be used for physical educators across a range of school and physical activity learning contexts.

Outlining fundamental theory and useful, practical teaching and coaching advice, this book is invaluable reading for all PE teacher educators, coach educators, and any advanced student, coach or teacher looking to enrich their knowledge and professional practice.



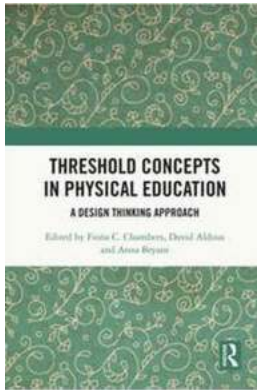
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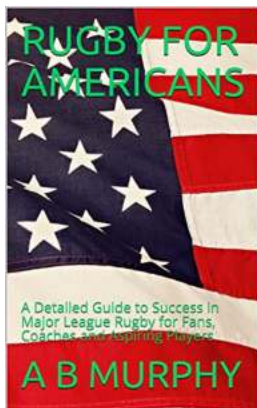
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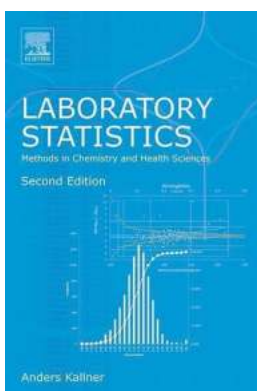
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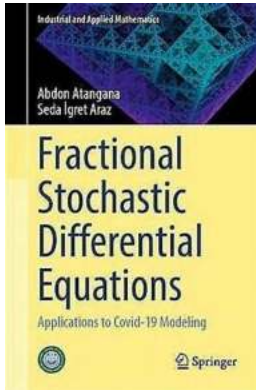
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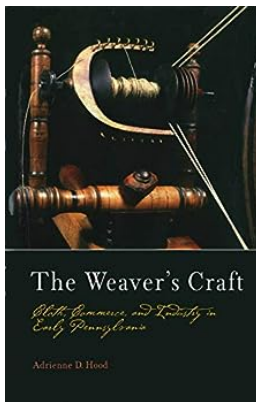
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