

**DISCIPLINE COACH**

**Getting on the same page about**

**DISCIPLINE**

**What is discipline to you?**

# DISCIPLINE

Not what you do to yourself

But

What you do for yourself

# RAAP



FOR YOURSELF  
AND OTHERS

FOR YOUR ACTIONS  
AND REACTIONS

EDUCATION WILL  
PREPARE YOU  
FOR LIFE

What we do upon great occasion will  
Probably depend on what we already are;  
And what we are will be the result of  
Previous years of self- discipline.

# SELF DISCIPLINE

Empowers:

Power to accomplish, confidence

Key to success:

If you know what/ how to do it

Self Respect:

You make the right choices for you

Respect for others:

You understand right from wrong

**DO WE**

**PROMOTE & ENCOURAGE**

**SELF DISCIPLINE?**

**You are not here merely to make a living.  
You are here in order to enable the world to  
live more amply with greater vision, with a  
finer spirit of hope and achievement. You  
are here to enrich the world, and you  
impoverish yourself if you forget the errand**

# ULTIMATE GOAL

1. Do what has to be done.
2. When it has to be done.
3. As well as it can be done.
4. Do it that way all the time.



**STABILITY**

**RELEASES**

**ABILITY**

Setting a goal is not the main thing. It is  
Deciding how you will go about achieving  
It and staying with that plan. The key is  
Discipline.

The  
Oyster  
And The  
Eagle

**Coach Kuzma**

**Mrs Potts**

# ENVIRONMENT

**Coach Priore**

*Theatre of Dreams*

# GARAGE

A place where you learn to get it  
right, learn

What you need to be successful in  
life.

**Units**

**to**

**specialist**

# MECHANICS

Garage only as good as the mechanics they  
Service the cars.

# PROJECTIONS

- 1 what do you want your students to be like when they grow up?
  - 2 What are the characteristics you want to be building?
  - 3 take a moment to think about what the perfect student is like?
- Is this what you are creating now or....?

# GOALS OF AN EDUCATION

The goals of our education, from nursery School through to adult education are clear Enough. They are to equip children to the Best of their ability for a lively, constructive Place in society and also to fit them to do a Job.

- How can you turn your school into a garage?
- What do you need?

**THE**

**ENGINE**

# PRE FRONTAL

Part of the brain that says, I would or  
Wouldn't do that full development between  
20-30 yrs

**MOTIVATION**

**VS**

**PREPARATION**

I'd rather have preparation than motivation.  
Everyone likes to play and no one likes to  
Practice.

Coach Phillips

Leave as little to chance as possible.  
Preparation is the key to success.

Michael Jordan

**THE**

**7**

**INTELLIGENCES**

# INTERPERSONAL OR PEOPLE SMART

Are you good at getting on with people- not just your friends but adults, children, Teachers? Are you a good listener, showing Consideration and tolerance?

# INTRAPERSONAL OR SELF SMART

Understanding yourself and the way you work is  
vital

for success in life. Intrapersonal Intelligence is  
about

being aware of your Feelings and understanding  
your

strengths And weaknesses.

# LINGUISTIC OR WORD SMART

If you enjoy reading and talking using a well developed Vocabulary you will be word smart.

# MATHEMATICAL OR NUMBER START

Are you good at solving problems and sorting things out in  
A step by step fashion?

# VISUAL AND SPATIAL OR PICTURE SMART

Do you think in pictures? If you enjoy drawing, painting and Looking at pictures, these are signs of visual/ spatial Intelligence.

## PHYSICAL AND KINESTHETIC OR BODY SMART

This is the ability to use your body skilfully in sport, dance Or in building and constructing things.

# MUSICAL OR MUSIC SMART

If you have got good rhythm and enjoy singing or playing

An instrument you are likely to have strong musical Intelligence.

**WHAT'S YOUR  
SPECIAL  
INTELLIGENCE**

**WAK**

# LEARNING STYLES

## QUIZ

Question Number	A	B	C
1	I picture words	I sound words out	Spelling is hard
2	I say "I see"	I say "I hear you"	I say that "feels right"
3	I remember what a friend wore	I remember what a friend said	I remember my day was fun
4	I like computers	I like music	I like a warm bath
5	I like art	I like history	I like English
6	I'm distracted by bright colours	I'm distracted by loud noise	I'm distracted by minor pains
7	I enjoy video games	I enjoy the radio	I enjoy acting
8	I am quite	I like to talk	I like sports
9	I like to write neatly	My writing is okay	I write untidily
10	I like to be in fashion	Fashion is not that important	I like comfortable clothes

Statement	A	B	C
Learn your times table	Cover over and picture it	Say it out loud	Add using your fingers
Spelling a word	Imagine what it looks like	Say each letter out loud	Write it down
Learning a French word	Look at the picture next to the word	Repeat it out loud to yourself	Write it down over and over again
Learning a history fact	Watch a video	Listen to a person on the radio explain what happened	Role play and act it out
Learning a new sport	Watch a demonstration	Repeat back the instructions to the coach Listen to someone explain	Do it
Learning how something works	Look at a diagram	how it works	Draw pictures and cartoons of the story
Learning a story	Imagine the story	Tell someone the story	Teach someone else how to use it
Learning to use a new tool in the workshop	Watch someone else use it	Listen to a friend explain how to use it	Try to make it
Learning how to make a cake	Look at the instruction on the packet	Listen to a tape about what to do	Sing the words
Learning to count in French	Look at cards or posters	Play French bingo	Make a model
Learning how the eye works	Look at the diagram of the eye	Listen to the doctor, teacher or friend explain it	

**Equip**

**Students with the**

**Tools for success in**

**Life**

**The trouble with opportunity is that it  
Always Comes disguised as hard work.**

You get more bees with honey than you do  
With vinegar

JR

# **GIVING THE W.I.I.F.M**

## **Key to success**

With it you can accomplish all.

## **Self Discipline**

Because you have it, you feel better  
About you and the choices you make.

## **Crossover in Life**

Develop it early in life and practice it  
all through life.

**Ethusioaso-**

*The gift of giving with enthusiasm*

**JOYFUL STRESS-** could not do without  
this. I need it, I love it. If its to be, let it be  
me.

***The Boss***

“The key is we all get 24 hours, it’s the only fair thing, it’s equal to all. It’s up to us as to what we do with It”

S.Huff