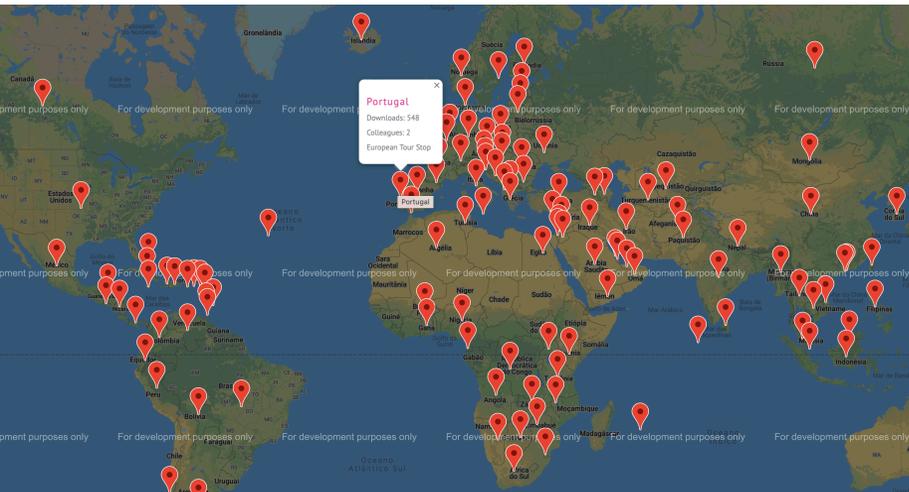


Lúcia Gomes

- High school teacher - 20 years
 - University Lecturer - 15 years
- last two years, full time.

Francisco Carreiro da Costa

- Full Professor - Our mentor in
Physical Education teaching



How we teach Teaching Styles at Lusófona University

How we introduce the Teaching Styles Spectrum and engage our students to learn about the importance of using the Teaching Styles Spectrum in their daily activities as teachers and coaches.

WHAT WE BELIEVE

Our past strengthens our will to continue.

The way we do it will eternalize not only the will and dream of **Muska Mosston** and **Sara Ashworth**, but we believe that will make our students better teachers and coaches.

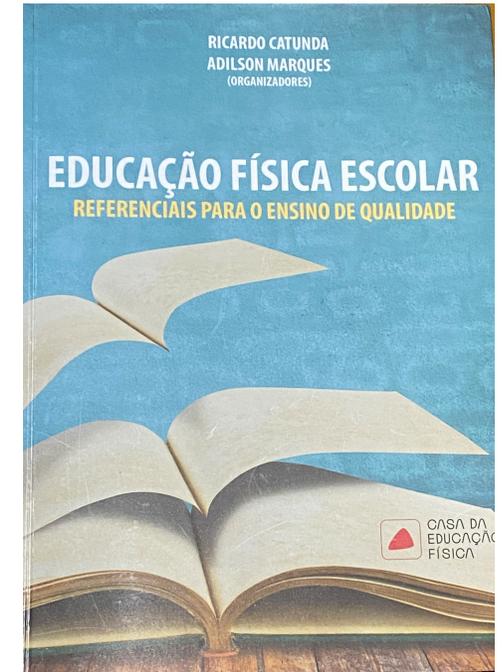


WHAT HAVE WE BEEN DOING

- Book chapter in Portuguese language.

Gomes, L., Martins, J. & Carreiro da Costa, F. (2017). Estilos de ensino em educação física. In R. Catunda & A. Marques (Eds.), *Educação física escolar: Referenciais para um ensino de qualidade* (pp. 87-108). Belo Horizonte: Casa da Educação Física.

- A video - applied to basketball teaching



- Quality in PE and Sports teaching
- Spectrum Teaching Styles
- Intervention Techniques

- The Theory behind STS
- One Graduation in Physical Education and Sports with e 3 branches :
Physical Education, Sport Training, Exercise and Well Being

Each group – 4 styles – video in their particular context.

3 videos - 3 different contexts (e.g., PE Class, Sports practices and Gym).

Observe – identify – critical analysis



Thank you