

Title: An Autonomy Supportive Physical Education Lesson's Impact on Students' Motivation and Competence

In 2000, the Games Concept Approach (GCA) for teaching games in Physical Education (PE) was implemented to help develop greater student interest in sports such that they will continue to have an active lifestyle into adult life. However, the activities designed by teachers during the practice stage in the GCA lesson structure have often been prescriptive. Through providing choice in practice activities, it was shown that it has a significant impact ($p < .05$, $d .31$) on intrinsic motivation of the intervention group (3.56) vis-à-vis the control group (3.31).

In this workshop, participants will be able to:

- 1) understand the planning of practice activities of a game which teacher is teaching using the S.T.E.P (Space, Task, Equipment and People) Framework;
- 2) understand the impact on intrinsic motivation through the provision of choice from research findings; and
- 3) understand that providing choice in lesson activities integrates well with Differentiated Instruction.