



Minute to



WIN IT

Video Modeling:

Creating Evidence Based Videos



Choose One Movement:

- Start Position: sitting, standing, on floor
- Movement: arms, legs, or full body
- Can add a weight: backpack, shoe, can, etc.



Record Your Video:

- Use your phone
- Introduce yourself/participants
- Demonstrate and describe movement using simple, direct, "action" language (*"touch the floor"*)
- Have timer ready for one minute
- Watch video; make sure you are happy with it!
- Upload to Google Drive link below

Video Tips:



Camera captures whole body.



Minimal distractions in background.



Everyone in the video wants to be in the video.



Everyone in the video consents to the video being shared with FCPS staff/ students.



CONTRIBUTE
YOUR VIDS HERE

OR

