

Hello!

**Welcome to Virtual
Physical Education
PD**

**I am Karina Tuting
I am going into my
fourth year of virtual
teaching with
Greenfield
Commonwealth Virtual
School (GCVS).**



Schedule

- Things I have learned over the years
- Technology/Gadgets I use in my classes
- Sample Lessons
- Questions



VIRTUAL PHYSICAL EDUCATION

1. THINGS I HAVE LEARNED OVER THE YEARS



Tips and Tricks

- **Make your lesson engaging**
 - Come with 100% energy
 - Participate in ALL activities
 - Use memes and GIFS
 - If you are doing live lessons, use “escape room” lessons
 - Use slide templates that are not from google slides
 - <https://www.slidescarnival.com/>
 - <https://slidesgo.com/>
- **Hold students accountable**
 - Put the link to your class EVERYWHERE!
 - Participation points
 - what if a students misses the live lesson?
 - Pictures/videos with assignments
- **First Day Lesson**
 - Go through virtual platform with students
 - Have students submit an assignment with you
- **Don't be afraid of your lesson bombing**
 - More than likely, your students will help you modify so your lesson works out next time
- **Have fun!**

2. Technology and Gadgets I use in my classes



Technology

- Heart Rate Monitor Apps *Make sure pictures include day and time*
 - Instant Heart Rate (apple and android)
 - Cardiio (apple)
 - Heart Rate Monitor (android)
- GIFs
 - www.giphy.com
- PearDeck
 - <https://www.peardeck.com/>
- SWORKIT
 - <https://sworkit.com/youth-initiative>
 - Under this initiative, any teacher with a K-12 classroom, anywhere in the world, can get free access to Sworkit's paid subscription service (available on Android, iOS, and the web). Teachers will have unlimited access to our extensive library of workouts.
- Calm
 - <https://www.calm.com/schools>
- Project Sites
 - www.Postermyswall.com
 - www.storyboardthat.com
 - <https://web.seesaw.me/>
 - [MoveIt](#)- Google Chrome Extension
 - [Replay It](#) - Google Chrome Extension
 - ~~Students can evaluate their skill and send you the video~~ so you can evaluate

3. Lesson Examples



Lesson Ideas/Samples

- **Escape Rooms**
 - <https://teacheveryday.com/escape-room-in-the-classroom/?fbclid=IwAR3b3d9sMqPkZPb31UJHekJHzf4OFpr133Bole6RRvPyVxhfWRBMhtMCB-Y>
 - **SAMPLE**
 - https://docs.google.com/presentation/d/1eifR8jJR0iJK5kqFTt64JV0E_e72fkj0FDPfJ5QsHVg/edit?usp=sharing
 - <https://docs.google.com/forms/d/1HDSHTYsEn7OL8hKkRxu9vDWO7pqhQWKRtQXAYrwyxo/edit>
- **Fitness Testing**
 - https://docs.google.com/document/d/1_2LspW09OQOIAEBTcLv2vowIAQzhnlh1qiiU7yztPyA/edit?usp=sharing
- **Fitness Journal**
 - https://docs.google.com/presentation/d/1KtNG2dxH3pTT_p6vLNHKoueAFyGH3mhc1OZtdx5MSWk/edit?usp=sharing
- **Independent Study**
 - https://docs.google.com/presentation/d/1W8MK7-3_e0PsTW_pQpF3ZjllQSQJI56vR9Pklq4mSQ/edit?usp=sharing
 - **SAMPLE**
 - https://drive.google.com/file/d/1mFPTsn4xUZERX6cfHfto_EN3NoXu-f2R/view?usp=sharing
- **MS Lesson - Skill Related Components of Fitness**
 - <https://docs.google.com/presentation/d/1nVv9aOXMIDNGdl6Wlgah0gQl4BulEXkeZw0Fjridc7U/edit?usp=sharing>
- **HS Lesson**
 - <https://docs.google.com/presentation/d/1jB6z2iWfafwnsVElovE5eKcna1zVWNSxnomb0WHQIYc/edit?usp=sharing>
 - https://docs.google.com/presentation/d/1X_5QzYyxdAKhqQUOGIOE5k_2i3vlgDVe_wTAt7s7XWU/edit?usp=sharing
 - https://docs.google.com/presentation/d/1X_5QzYyxdAKhqQUOGIOE5k_2i3vlgDVe_wTAt7s7XWU/edit?usp=sharing

Questions

