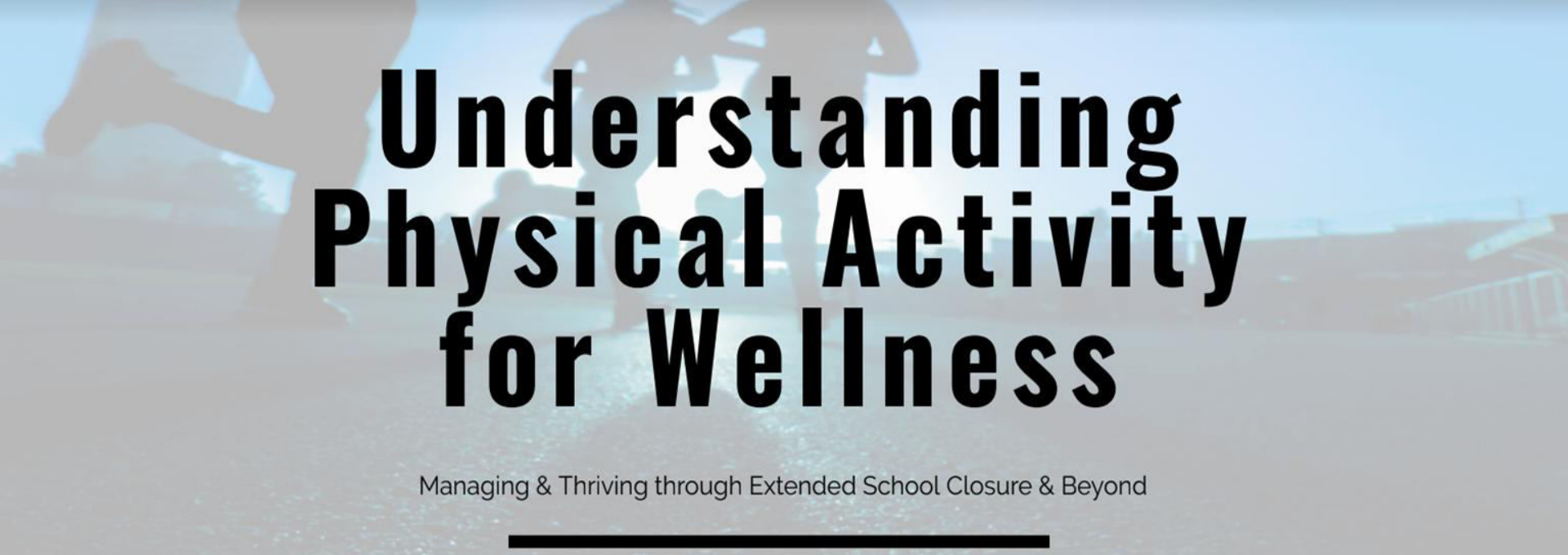


Link to this video presentation

<https://www.youtube.com/watch?v=FW-b4Wxuqnk&feature=youtu.be>



Understanding Physical Activity for Wellness

Managing & Thriving through Extended School Closure & Beyond

Overview and Tips for Implementation
for High School Teachers

Who we are

Chad Killian, PhD → Assistant Professor of Kinesiology & Health, Georgia State University; Researches digital instruction in physical education; Taught health & physical education for five years in Pennsylvania.

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Shelby Ison, M.S. → Doctoral student at the University of Illinois, Urbana-Champaign; interested in combining her former fitness and wellness career with her undergraduate PETE training to research HS PE curricular revisions which aim to improve students' emotional experiences.

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Shannon Pennington, M.S. → Doctoral student at the University of Illinois; studies solutions to the impact of student trauma on the physical education classroom; taught physical education for fifteen years, mentor program teacher leader, middle school PE instructional coach, adjunct faculty in higher education for 6-years.

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Why we are making these modules

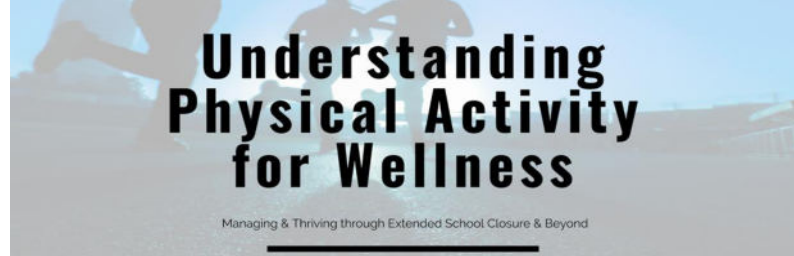
- We believe this is an unprecedented event, which requires a shift in instructional focus toward helping students **manage** and **thrive** during these uncertain times
- We recognize this represents a significant shift away from the physical education familiar to many of us toward something new and uncertain
- We intend to help you navigate all that might come with that, so you can best support your students

Our approach & purpose

To help high school students **manage** and **thrive** during this time, we've prioritised content and an instructional approach that...

→ Intentionally promotes a reduction in sedentary behavior and inactivity

→ Invites students into engaging, enjoyable PA that can be integrated at home



Defining Physical Activity

- What is the difference between sedentary behavior, physical activity, and exercise?
- How can SMART goals help me establish PA habits that improve my wellness?

Physical Activity for Physical Wellness

- What are the PA recommendations for my age group?
- Why should I avoid being sedentary throughout my day?
- How can meeting weekly PA engagement recommendations benefit me physically?

Physical Activity for Psychological Wellness

- How can PA engagement benefit my psychological wellness?
- How does the intensity of my physical activity engagement influence my psychological wellness?

Physical Activity for Social Wellness

- How might the social ecology support or inhibit my PA engagement?
- How does my personal experience vary depending on the social setting of my PA engagement?

Sustaining Physical Activity for a Lifetime

- How can I overcome barriers to sustainable PA engagement throughout my life?
- How can I use PA to improve my wellness throughout my life?

What these modules **ARE**

- Sequential content that can be used to provide useful, connected information during this time of uncertainty and beyond
- Example instruction, example materials, & example assessments (to be used formatively, summatively, or not at all)
- We hope you share it with teachers you know and support each other to make it your own

What these modules **ARE NOT**

- These modules **are not** meant to give you “an out” from planning, creating, instructing, communicating, modelling
- These modules **are not** comprehensive, they are baseline
- These modules **are not** tailored to the specific needs of your students

What we envision **YOUR ROLE** being... (a teacher!)

- **Review** the content by engaging with the slide presentation, by looking through the materials and by evaluating the value of the assessments
- **Adjust/align** the content, materials, and assessments so they fit with your purpose and serve your students well
- **Support** students' transition to online learning in physical education
- **Engage in** continuous communication and modelling over the duration of the closure

We think **OUR ROLE** is to... (support!)

- **Develop** a new module of content each Wednesday for the next 5-weeks
- **Provide** recorded presentation slides, an unrecorded presentation, related lesson materials, and assessment ideas
- **Support** your learning and confidence by offering a “brief PD” video related to weekly content, materials, and optional assessments

How we envision this process unfolding

- We provide the content, materials, and support
- You be the teacher
- We all manage, learn something, and thrive during this process, including our students!

“What we would do if we were you...”

- Stay tuned for content each Wednesday... we will add content to the GoogleDrive, then post on Twitter
- Take some time over the rest of the week to review everything, connect with us (and each other) to ensure everything is good to go
- Tailor/supplement the content to your students and your expectations then post YOUR module each Monday...

Key Instructional Features & Tips for Module #1

| Module | Standard(s) | Cognitive Objectives <i>watch, listen, read</i> | Psychomotor Objectives <i>(movement resources)</i> | Affective Objectives <i>(assessment resources)</i> | Essential Questions: |
|---|--------------------------|--|---|---|---|
| 1 <i>Defining Physical Activity</i> | State Standard(s) | <ul style="list-style-type: none"> SWBAT define sedentary behavior SWBAT define physical activity SWBAT define exercise SWBAT create two (2) SMART goals for reducing sedentary behavior | <ul style="list-style-type: none"> SWBAT progressively increase the amount of moving around you do each day SWBAT interrupt sedentary behavior every 30-minutes throughout most of the day | <ul style="list-style-type: none"> SWBAT list three (3) personal strategies you could use to help reduce being sedentary | <p>What is the difference between sedentary behavior, physical activity, and exercise?</p> <p>How can SMART goals help me build PA habits that can improve my wellness?</p> |

Key Movement Resources Features & Tips for Module #1

- You are the resource!
- Curate an invitational movement environment for students to enjoy
- Use your knowledge, creativity, and all the amazing quality resources being shared

Key Assessment Features & Tips for Module #1

- Assessment documents can be used as-is or modified to align with your desired outcomes, updated/added instruction, etc.
- Assessments are available in multiple modes with a question bank of sample questions for swapping questions in or out, as desired
- SHAPE America national standards associated with the module are listed on the Assessment Resources document

How to access module materials

“Make a Copy” for yourself from the GoogleDrive or...

Download the items and save them locally, so you can use your local learning management system

Added context and general support

Commentary on how the purpose/focus of PE might shift during this unforeseen, extended school closure:

https://www.youtube.com/watch?v=FKFYQcgSJwc&feature=emb_logo

Designing Useful Online Physical Education Content During a Rapid Transition to Online Learning:

https://www.youtube.com/watch?v=KW7JJSwcmWc&feature=emb_logo

Link to Voiceover Version of Content Presentation

(Also accessible in the Watch, Listen, Read Folder on the GoogleDrive)

<https://www.youtube.com/watch?v=quYWNB-NZHo&feature=youtu.be>

Link to How to Add Voiceover in iMovie:

<https://www.youtube.com/watch?v=Zjx1IH6Eao8&feature=youtu.be>

e-Learning

For Students' WELLNESS

ENJOY!

- We hope this is an enriching experience for all of you
- Please remember to practice self-care during this time
- All the best, take care, and we will check back in next week!