

# Link to this video presentation

<https://www.youtube.com/watch?v=bW8AmyTNofQ&feature=youtu.be>

(Feel free to follow along with the video using the slides or just read through the key points!)

# Understanding Physical Activity for Wellness

Managing & Thriving through Extended School Closure & Beyond

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## MODULE #4

### *Physical Activity for SOCIAL Wellness*

Overview and Tips for Implementation for *High School Teachers*

# Welcome!

- If you're new here, welcome! Be sure to watch the teacher support videos from Modules #1, #2 & #3 for the clearest picture of what we are trying to do here!

Overview of the purpose behind these modules:

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

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

# How's it going?

- What successes have you experienced over the course of the week?
- What successes have your students experienced?
- How is your communication strategy working?
- Were you able to model your own physical activity engagement?
- Did you invite students into meaningful movement experiences?
- To what extent did you customize the module/resources to fit your students'?
- What strategies did you apply to support students' transition to online PE?

# Higher View... Now that we've been at this for a bit...

- Screen time is a real concern
- How can our instructional decisions support all the things we want?
  - Learning through movement that is meaningful and enjoyable to each student
  - Does not feed into student screen time & work burden
  - Supports students managing and thriving during this time?
- Curate podcasts, create flyers, suggest short books, etc.

# New for Module #4: Physical Activity for Social Wellness

- Module #4 video presentation, content slides, movement resources folder, & aligned, meaningful assessment ideas
- Don't forget the shared 'Document Resource' folder
- Don't forget the shared 'Internet Resource' Excel sheet

# Essential Questions

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?

# During this module, try to help students get to a point where **they...**

## Know...

- ...the components of social ecology that can support or inhibit PA engagement
- ...how social ecology can influence personal PA engagement
- ...how to create two (2) SMART goals for engaging in a variety of PA settings/social groups

## Perform...

- ...movement breaks which interrupt sedentary behavior every 30-minutes
- ...PA strategies that support your PA engagement
- ...\*meet the weekly PA recommendations for your age-group while trying to engage in PA in an **individual, partner, and group environment**

## Reflect...

- ...on your personal barriers to PA engagement
- ...on the external factors that could support your PA engagement
- ...your personal strategies for sustained engagement in PA
- ...on your personal experiences following your engagement in **individual, partner, and group PA**

# Remember

- We want students to manage and thrive during this time (and always!)
- Try to focus on encouraging students to engage in meaningful movement  
<https://meaningfulpe.wordpress.com/2020/03/20/meaningful-hpeathome-2/>
- Think about what your school is requiring and make-decisions that best support your students

# Thinking beyond extended school closures...

- To what extent does students' physical, psychological, sociological wellness influence my instructional decisions?
- Am I confident in my content knowledge to teach students about psychological outcomes related to physical activity engagement?
- How can I integrate psychological wellness concepts into my “regular” physical education courses?

# How to access module materials

“Make a Copy” of the content, assessments, and/or resources for yourself from the GoogleDrive

OR...

Download the items off of the GoogleDrive and save them to your computer, so you can use your local learning management system

\*Be mindful of colleagues who might not be active on social media. Please feel free to share the GoogleDrive Link with them via email or text, etc.

[https://drive.google.com/drive/folders/13Jmlxcs7FVpHR5krm3PwyJy\\_Dv-iycoN?usp=sharing...](https://drive.google.com/drive/folders/13Jmlxcs7FVpHR5krm3PwyJy_Dv-iycoN?usp=sharing...)

# Link to Voiceover Version of Main Content Presentation

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

[https://www.youtube.com/watch?v=cy\\_Hjj3Zg7M&feature=emb\\_logo](https://www.youtube.com/watch?v=cy_Hjj3Zg7M&feature=emb_logo)

Link to How to Add Voiceover in iMovie:

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

Link to How to Screen Record on iPad/iPhone:

<https://www.youtube.com/watch?v=Nv5dGWnZ9Lc>

Link to How to Add your Face to a Screen for a Recording:

<https://www.youtube.com/watch?v=uWAQ1EpJs2Q&+t=17s>

# 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 for Module #5 content, materials, and teacher support!
- Be thinking about of creative ways you can help students reduce screen time!