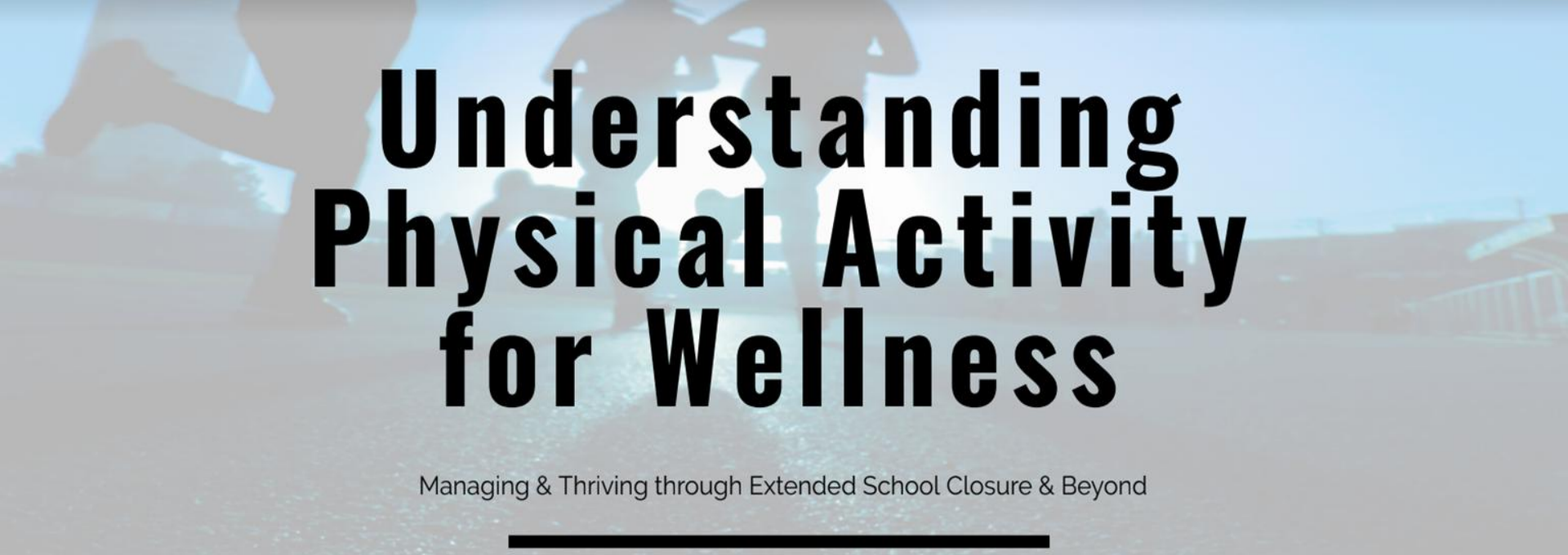


# Link to this video presentation

<https://youtu.be/n3QxAHb9yb8>

(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 #5

### *SUSTAINING Physical Activity for a Lifetime*

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, & #4 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)

# What's next?

- This is the fifth module of a five module series
- By now, you've gained meaningful experience using online instruction
- Moving forward, think about what worked, what didn't, what students/parents have said, etc. etc. etc.
- We are all action researchers- use a reflective lens to ID good practice

# Essential Questions

How can I overcome barriers to sustainable PA engagement throughout my life?

How can I use PA to improve my wellness throughout my life?

# During this module, try to invite students to ...

## Know...

- How to interpret differences in PA recommendations across the lifespan
- Can describe personal and common barriers to sustained PA engagement
- Can describe strategies that support sustained PA engagement across the lifespan
- How to create two (2) SMART goals that will help them overcome barriers to sustainable PA engagement

## Perform...

- Interruptions in sedentary behavior every 30-minutes throughout most of the day, each day of the week
- Strategies that support PA engagement
- \*\*meet the weekly PA recommendations for my age-group

## Reflect...

- On my personal barriers to PA engagement
- On the strategies I can utilize for sustained engagement in 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 the Main Content Presentation

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

<https://www.youtube.com/watch?v=y73bk56vPMQ>

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>

# What do these modules represent?

- An opportunity to support teachers
- An opportunity to support students
- An opportunity to create something based on an accumulation of ideas
- An opportunity to learn

# 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!