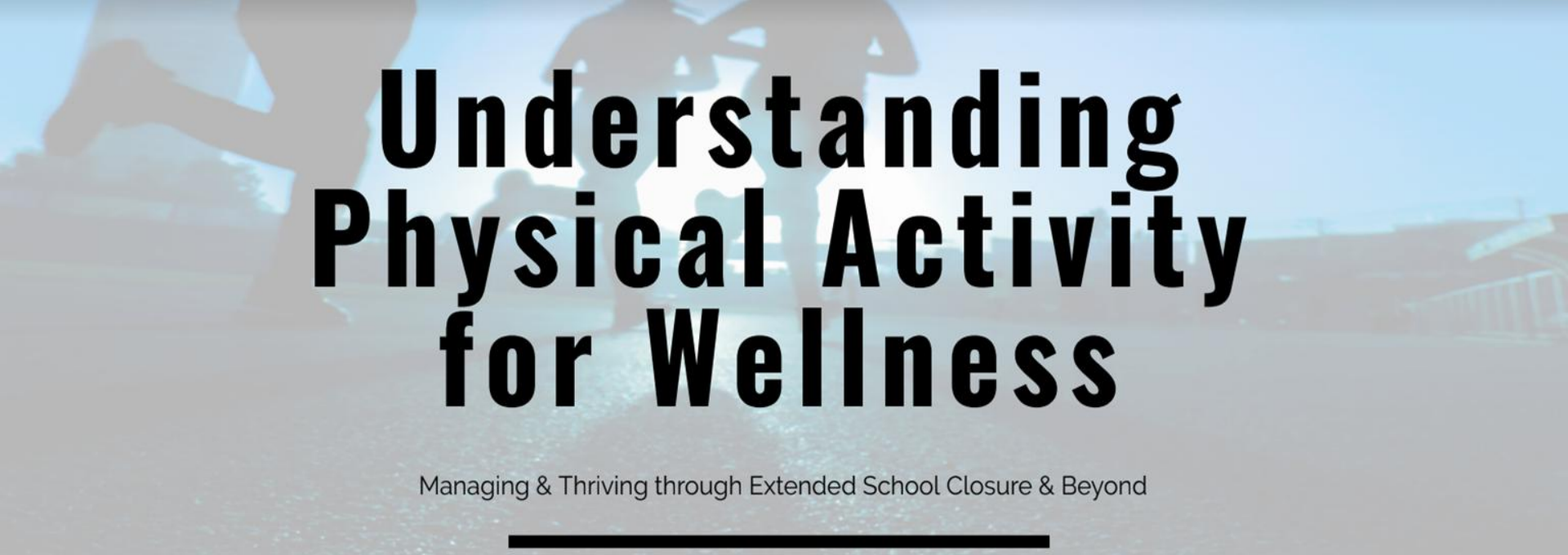


Link to this video presentation

<https://www.youtube.com/watch?v=ApiUVFbBlpM&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

MODULE #3

Physical Activity for Psychological 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 and #2 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

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

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?

How can we improve?

Chad Killian, PhD →
@chadkillian1

Email: ckillian@gsu.edu

Twitter:

Shelby Ison, M.S. →
@shelby_e_ison

Email: sedietz2@illinois.edu

Twitter:

Shannon Pennington, M.S. → **Email:** sap6@illinois.edu
@peteachshannon

Twitter:

The importance of this module...

- Watch this content video!
- Psychological wellness is an apparent concern for youth today, particularly during these precarious times...
- Physical education is uniquely positioned to promote positive, healthful behaviors that can help students manage & thrive during this time!

New for Module #3: Physical Activity for Psychological Wellness

- Module #3 video presentation, content slides, movement resources, & aligned, meaningful assessment ideas
- **Movement resources folder w/ RPE linked Videos**
- Shared 'Document Resource' folder
- Shared 'Internet Resource' Excel sheet

Essential Questions

How can physical activity engagement benefit my psychological wellness?

How might my psychological wellness vary depending on the intensity of my physical activity engagement?

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

Know...

- ...the components of psychological wellness
- ...the psychological benefits of PA engagement
- ...how to create two (2) SMART goals for engaging in PA for immediate psychological benefits

Perform...

- ...interruptions in sedentary behavior every 30-minutes throughout most of the day, each day of the week
- **meet the weekly PA recommendations for your age group, while trying to engage in a bout of low, moderate, and vigorous PA

Reflect...

- ...on the physical activities that you find enjoyable
- ...on how you can use PA to positively impact your psychological wellness
- ...on your core affect/emotion/mood following bouts of low, moderate, and vigorous 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' psychological 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?

Teachers as continuous learners...

- Content for this presentation was guided, in part, by the Physical Activity Guidelines for Americans, 2nd edition. For more information, please visit:
 - https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
 - U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.
- Carter, T., Morres, I. D., Meader, O., & Callaghan, P. (2016). The effect of exercise on depressive symptoms in adolescents: A systematic review and meta-analysis. *Journal of the American Academy of Child & Adolescent Psychiatry*, 55(7).
- Edlin, G. & Golanty, E. (2019), *Health & Wellness*. (p. 6-7 & 64-77). Burlington, Massachusetts: Jones & Bartlett Learning.
- Frank, J. L., Kohler, K., Peal, A., Bose, B. (2017). Effectiveness of a School-based yoga program on adolescent mental health and school performance: Findings from a randomized controlled trial. *Mindfulness*, 8, 544-553.
- Plutchik, R. (1991). Emotion Wheel. In Edlin, G. & Golanty, E. (2019), *Health & Wellness*. (p. 66). Burlington, Massachusetts: Jones & Bartlett Learning.
- Norris, R., Carrol, D., & Cochrane, R. (1992). The effects of physical activity and exercise training on psychological stress and well-being in an adolescent population. *Journal of Psychosomatic Research*, 36(1), 55-65.
- Vazou, S., Mischo, A., Ladwig, M. A., Ekkekakis, P., & Welk, G. (2019). Psychologically informed physical fitness practice in schools: A field experiment. *Psychology of Sport & Exercise*, 40, 143-151.
- <https://thephysicaleducator.com/visuals/#borgrpe>
- <https://www.lexico.com/en/definition/psychological>

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.

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=9rR26UAuXbg>

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 #4 content, materials, and teacher support!
- Don't forget to add customized or curated movement resources and/or assessments to the Drive!