

12.15.20 SHAPEWV Statewide call

Teams Meeting Recording

Link:<https://web.microsoftstream.com/video/74e023cc-788e-4455-b977-5a9f666a55b5>

Resources, Video description/time & order of presenters

**Intro 00:00 - 02:26**

**Primary School, Ashley Doty: air time on video 02:27 -13:01:**

**Resources:**

1. One Note Graphics
  - a. Canva (education version) to make graphics
    - i. <https://www.canva.com/>
    - ii. Apply for full access to canva with Canva for Education:  
<https://support.canva.com/account-basics/canva-for-education/apply-canva-for-education/>
  - b. Videos:
    - i. Youtube (labeled as “made for kids”, so no ads):
      1. 3-4 minute warm ups, playlist of 5 videos:  
[https://youtube.com/playlist?list=PLGe6\\_xrjKnKo2hTDWVIU1EqjObSrpV9Qa](https://youtube.com/playlist?list=PLGe6_xrjKnKo2hTDWVIU1EqjObSrpV9Qa)
      2. Various lesson videos:  
[https://youtube.com/playlist?list=PLGe6\\_xrjKnKq\\_eeB3OBXZ75ccEaFRFU1e](https://youtube.com/playlist?list=PLGe6_xrjKnKq_eeB3OBXZ75ccEaFRFU1e)
    - ii. Microsoft Stream
      1. Same 3-4 minute warm ups above:  
<https://web.microsoftstream.com/channel/17afa3cf-a7d8-48d2-b6e7-5c213504b4b4>
      2. Same various lesson videos above:  
<https://web.microsoftstream.com/channel/e1a58634-a81c-443b-983a-27787c57eb30>
2. Teams
  - a. Created an ongoing meeting in my office 365 Calendar
  - b. Copied the long meeting access link
  - c. Went to <https://tinyurl.com/> and pasted the long meeting access link into the box and created a tiny url: [www.tinyurl.com/PEwithMrsDoty](http://www.tinyurl.com/PEwithMrsDoty)
  - d. Posted this link and access directions as a page in kids PE OneNotebooks.
  - e. Asked classroom teachers to send out a remind about daily PE at 10:45am while remote and that to access they could go to one notebook and click on the meeting link, or click on the tinyurl to access.
  - f. <https://web.microsoftstream.com/studio/videos> - recordings
3. Resources for paper packets (our school used paper packets in the spring):
  - a. <https://openphysed.org/>
  - b. [Resources & More \(wvahperd.org\)](http://Resources%20%26%20More%20(wvahperd.org))

- c. [health.moves.minds. - SHAPE America](#) - free social emotional lessons with free registrations (also a fundraising platform for your school - if COVID prevents holding an event - no worries, still feel free to register)

### **Elementary School, Jessica Ashley: 13:02 - 23:04**

#### **Resources:**

## **Lesson and Activity Ideas for Remote Elementary Physical Education**

Tips for ease and consistency:

- Keep your assignment structure similar each time
- Allow submissions for differing abilities and comfort level
  - Type it! Snap it! Video it! Record it!
- Add audio of direction to increase student independence in completing activities

#### **Getting Acquainted with Online Learning Activity Ideas:**

***Active at Home:*** Share two different ways you were active at home this week. Any activity where your body is moving, such as exercising, walking, riding your bike, jumping on a trampoline, helping with household chores, they all count! Remember your goal is to get the recommended amount of active minutes each day- 60 minutes!

***The BEST Activity:*** The best kind of physical activity is the one that you will do! We all have our favorites, please share yours! Then, tell me *WHY* you love doing that activity.

***From Student to Teacher:*** This week in class, you learned and practiced many different movements, exercises, stretches and balances. Pick 3 and teach them to someone else! Teach them to your parents, grandparents, brothers, sisters, aunts, uncles, your family pet OR you can even have a pretend PE class to teach to. Share with me your experience and the movements/ exercises you taught!

***Eating the Colors of the Rainbow:*** This week in class you learned that fruits and vegetables come in many colors, and it's important to try and eat all of them! Eating a balance of colors is good for us because each different color fruit and vegetable contains different types of nutrients that help our bodies grow, be strong and remain healthy. Name one fruit or vegetable that you like to eat OR would like to try for each color: Red, Orange, Yellow, Green, Blue, Purple

#### **Full Remote Instruction Activity Ideas:**

***Get Moving:*** Complete a **SworKit!** It can be as short as **10 minutes**, or as long as you'd like! After, share with me 3 different exercises you did **OR** screenshot your iPad at the completion of

your Sworkit then upload the picture **OR** Complete an activity from the "**Active at Home**" folder. Share with me what activity you completed, as well as your favorite and most challenging part of the activity. The "Active at Home" folder includes activities like Uno Workout, Roll the Dice Workout, 100 Exercise and other Captain Pete activities and some workouts from darbee.com.

\*I helped students get the Sworkit app on their iPads and create their own account with the code from the Sworkit Youth Initiative from WVDE, while we were in the blended format.

***Spell It Fitness:*** Spell a word to create your own personal workout. Repeat the word three times to reinforce the spelling and work up a sweat! *Share with me any 3 words you spelled-you pick the words!* \* I also made a holiday version of this with seasonal words.

### **Full Remote Instruction Character Development Activity Ideas:**

***Be Kind:*** Choose 3 or more acts of kindness from The American Heart Association's 15 Ways to Be Kind to complete throughout the week. Share with me some of the acts you completed, WHO they helped, and how they made YOU feel.

***Attitude of Gratitude:*** Gratitude is about focusing on what is good in our lives and being thankful for the things we have. It's good to stop and appreciate the things we often take for granted, such as having a place to live, food to eat, clean water to drink, and friends and family that love and support us. In the spirit of Thanksgiving, it's good to take a moment and think about the things you have to be grateful for. But, really, this is a good habit to do all year long! **Share with me...** -Someone you enjoy spending time with? Or makes you laugh? -Somewhere you like to go? Or where you feel safe and loved? -Something that makes you smile? Or makes you feel good when you're down?

***Positive Affirmations:*** We should be our own BIGGEST fan! This is a skill that takes practice... An affirmation is a big word that means, what we say to ourselves in our own brain. We always want to keep our thoughts about ourselves positive, encouraging and supportive. Practicing daily positive affirmations can help us use positive self-talk. Healthy thoughts help make healthy minds. Below is a list of 15 Positive Affirmations from the American Heart Association. Repeat one of these positive statements to yourself 10 times a day. Share with me your favorite affirmation and explain to me how it made you feel.

***12 Days of Giving:*** The holiday season is a great time to practice generosity. Generosity is a willingness to give kindness, care, concern and love to others. Giving a little bit of our time to make another person feel loved is a small act that makes them and us feel good! **On the 12 Days of Giving chart, there is an activity to complete for each school day between now and Christmas. Following the dates for this week, complete at least 3 acts of giving. Share with me the acts you completed!**

### **Resources Acquired from:**

**Captain Pete's Power PE:** simple, no equipment, fun physical activities with good visuals  
<https://www.capnpetespowerpe.com/>

**Darbee:** so many workouts with great visual demonstrations <https://darebee.com/>

**American Heart Association:** so many different resources  
[https://www2.heart.org/site/SPageServer?pagename=khc\\_resources\\_educational](https://www2.heart.org/site/SPageServer?pagename=khc_resources_educational)

**SHAPE America:** monthly Mind and Body Calendar  
<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>

**OPEN Phys Ed:** monthly DEAM (Drop Everything and Move) calendar and many other resources <https://openphysed.org/>

**YouTube:** This or That's? Would You Rather? Deal or No Deal? Just Dance!

(Favorites to Follow: Empowered with Ms. Jenny White, Lindsey Morse, Coach Corey Martin)

**Canva:** where I have taken others' ideas and made it my own <https://www.canva.com/>

**Facebook Groups:** great lesson ideas and discussions on PE Central, Elementary PE Teachers, Everything Elementary P.E.

### **High School, Bryan Youngblood: 23:05 - 33:45**

### **High School, Michael (Tank) Scarbro: 33:46 - 49:26**

#### **Resources:**

1. Digital lessons for life: <https://everfi.com/k-12/>
2. Discovery Education: <https://www.discoveryeducation.com/>

### **Middle School, Andrew Ashley: 49:27 - 01:02:15**

#### **Resources:**

1. Fitness workouts: <https://www.darebee.com/>
2. Varsity Brand Believe in You Program: <https://www.youtube.com/c/VarsityBrands/videos>
3. The PE Globe:  
<https://www.youtube.com/channel/UCsKsWf4fDrs3TyASTS6NYkQ/videos>

### **Middle School, Suzanne Muncy: 01:02:16 - 01:16:32**

#### **Resources:**

1. Tiktok PE lesson ideas:  
[https://www.youtube.com/results?search\\_query=tiktok+PE+lesson](https://www.youtube.com/results?search_query=tiktok+PE+lesson)
2. Time lapse: require students to submit videos on time lapse (select the time lapse setting within the camera before hitting record).
3. [K-12 — PlayPosit](#) (Jason Eaches resource from chat comments)
4. WVU Extension Office (Health Education and/or Nutrition)

**Middle School, Rick Thomas: 01:16:32 - 01:29:59**

**Resources:**

1. Ed Puzzle: <https://edpuzzle.com/> (Choose a video, give it your magic touch and track your students' comprehension.)
2. Lynn Hefele: <https://www.youtube.com/channel/UCQFJrMXXF1VYd5tBcueUtBA>

Teams meeting scavenger hunt for students: 01:29:59 - 01:31:36

Additional resources from chat or post recording discussion:

Victory R.

1. Rethink your Drink: [https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html)
2. Teen Cuisine
  - a. <https://wasnap-ed.org/curriculum/teen-cuisine/>
  - b. [Virginia Family Nutrition Program | Eat Smart, Move More VA | SNAP-Ed | EFNEP](#)
3. WVU Extension office
4. Students Against Destructive Decisions: <https://www.sadd.org/>

Jason E.

1. Homecourt app
2. Example of homecourt app: <https://youtu.be/6Old9wIEUJY>