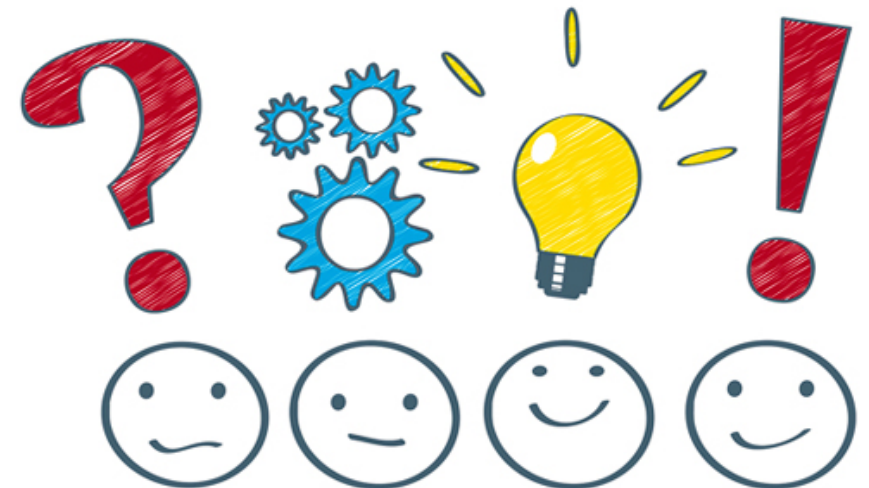




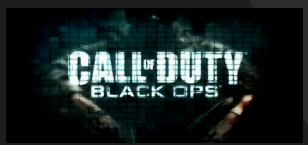
## Physical Activity At A Distance

Silver Linings:  
Can PHE thrive in the new normal?

- Glenn Young, B. Ed., M. Ed.
- Educational Change & Healthy Living Consultant
- [Glenn.young08@gmail.com](mailto:Glenn.young08@gmail.com)
- @glennyong\_PE



# The Problem



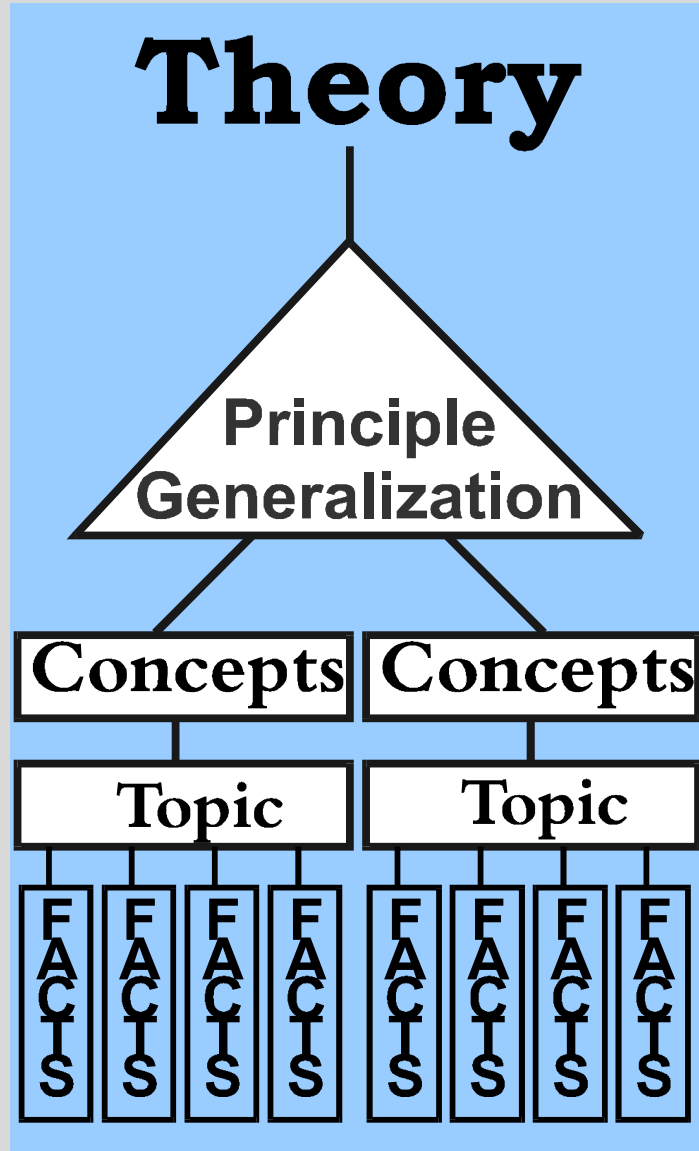
# The Problem In Physical Education

- The practice of physical education has focused primarily on the transmission of de-contextualized sport techniques to large classes of children who possess a range of interests and abilities where **learning rarely moves beyond introductory levels.**

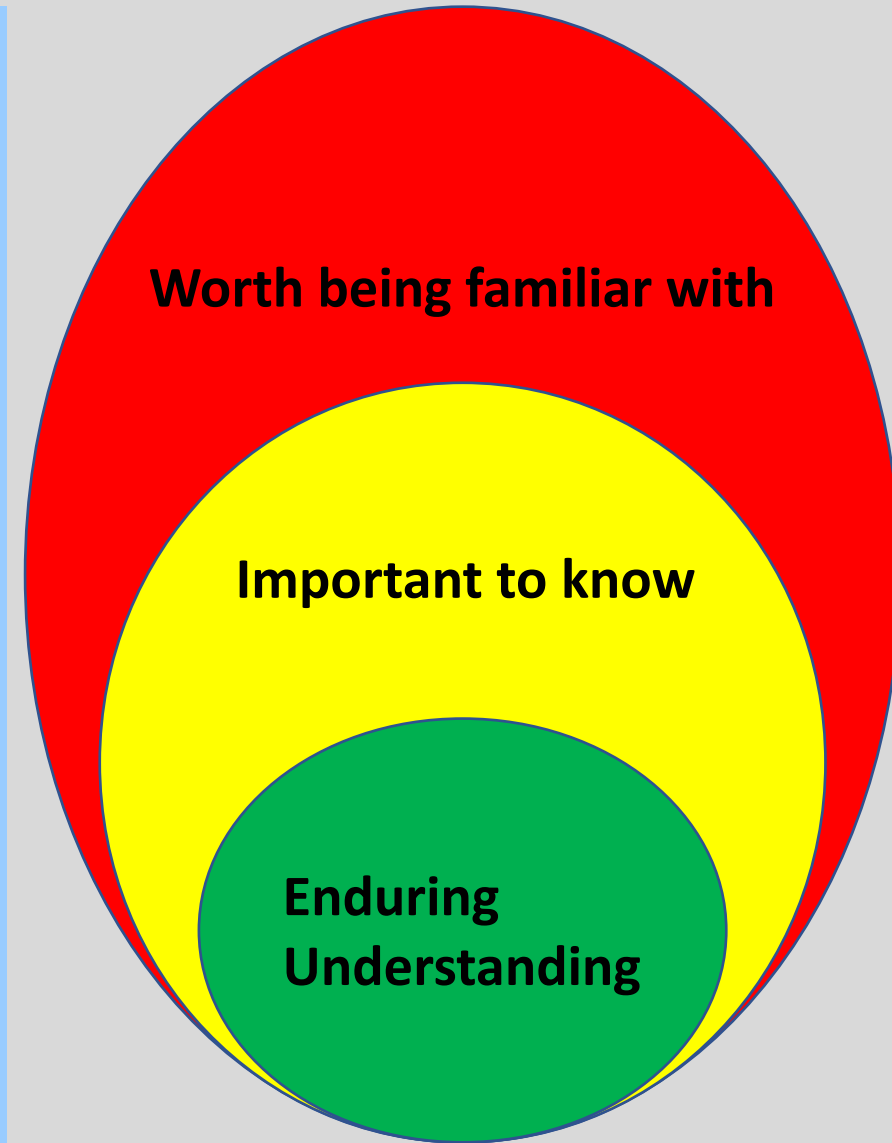
Physical Education Futures: Dr. David Kirk, University of Bedfordshire



Learning ≠  
Understanding



The Structure of Knowledge,  
Dr. Lynn Erickson



Backwards Design,  
Wiggins & McTighe

# The eLearning Challenges

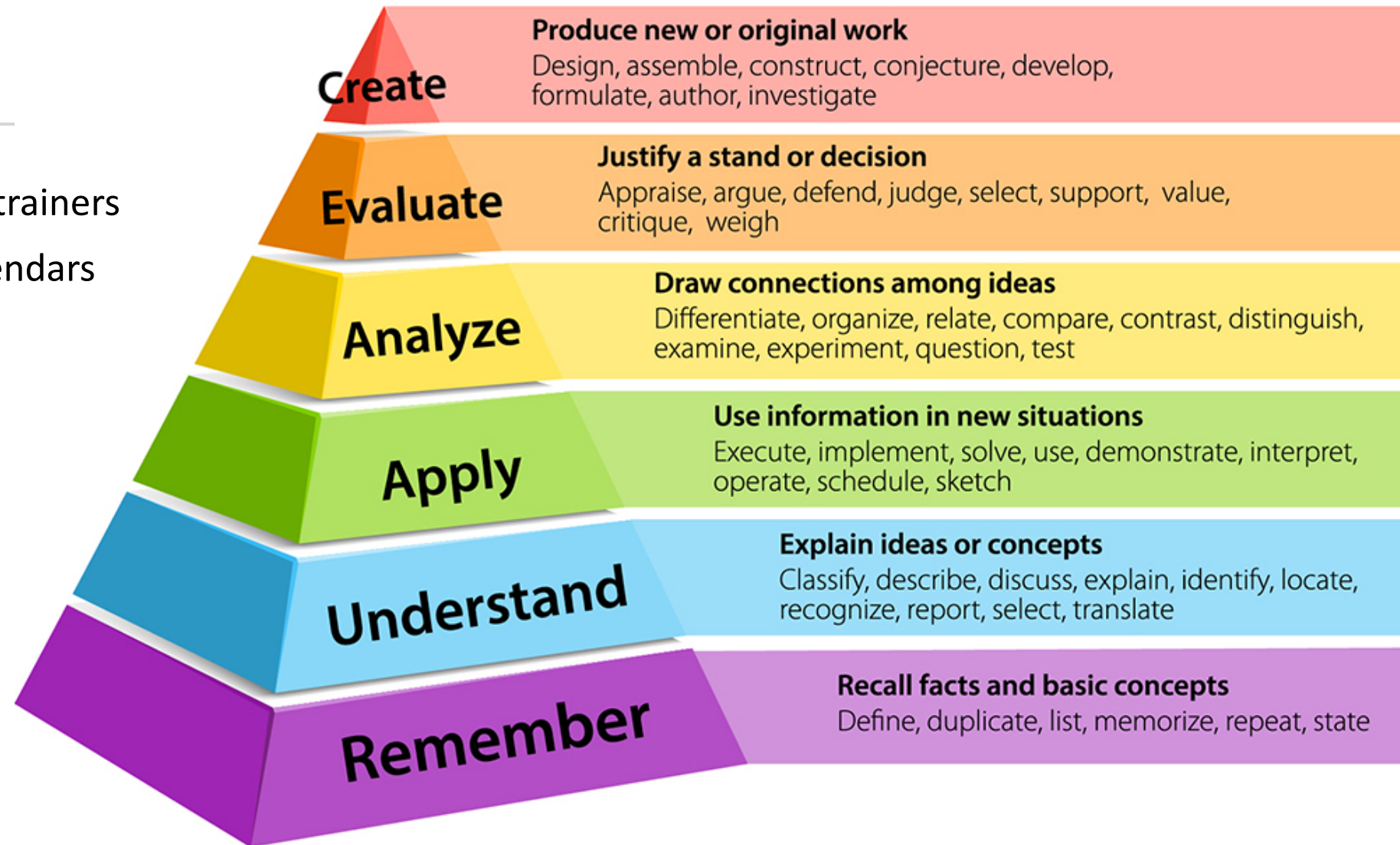
- Remote environment
  - Receive weekly instruction & assignments
  - Login when required
  - Complete assignments during the week
  - Communicate with students as necessary
  - **Independently motivate themselves**
  - **Minimal to no equipment**
  - **No safe space for physical activity**



# Bloom's Taxonomy

## Engaging the Digital Learner

- Fitness activities, videos, trainers
- Fitness-based games, calendars
- Challenges
  - Fitness
  - FMS
  - Physical Activity
  - DIY Activities



# Engaging the Digital Learner

- Inquiry Based Learning
  - Backwards Design
  - Crafting Essential Questions
    - What should we eat?
    - Can anyone be an athlete?
    - Why does how I feel affect others?
    - What's the toughest part about being a teen?
- Project Based Learning
  - Create a poster to avoid catching covid
  - Create a video clip on "how to get better at <insert FMS>"
  - Design a fitness program for your parents
  - Create a documentary on why teens don't exercise
- Student Portfolio



# Questions



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