

HOW TO SUCCESSFULLY TEACH DURING A PANDEMIC

Katie Hunt
Dr. Fisher
KH 7790
November 15, 2020

Virtual Edition

Proposal Description

- Covid-19 has completely shifted the education experience for teachers and students across the globe. This is especially true for the discipline of health and physical education, a study that incorporates psychomotor, affective, and cognitive domain simultaneously. Physical education requires face to face for adequate learning. The transition to distance learning has and or had many teachers in a bind. Forming questions like: What platforms to use? How can I efficiently transition to virtual learning and engage my students? How do I improve my technological abilities in order to be successful? The PowerPoint aims to answer the unknowns and help new teachers and or student teachers with virtual learning platforms and list pertinent resources for distance learning.

Learning Objectives

1. Teachers will be able to select a virtual learning platform and video conferencing platform for optimal teaching after the presentation.
2. Teachers will be able to find solutions to virtual teaching concern(s) with the help of the presentation.
3. Teachers will be able to incorporate one or more ideas/ concepts from the presentation in order to teach virtual learning successfully.

School Tools: Materials Needed to Teach Virtually

REQUIRED

- Computer/Laptop
- Webcam
- Microphone
- Good Lighting
- Stable Connection/Wi-Fi
- Notebook/Planner (any device aiding in organization)
 - Post-it Notes

Personal Reset Button (Pressed Daily), patience, and optimistic attitude.

OPTIONAL

- Second Monitor – Allows you to see students and share screen simultaneously.
- Printer- For individuals that need visuals to increase productivity.
- Blue Light Blocking Glasses- Blocks light from computers that causes headaches.
- Laptop Stand- Reduces Neck and back pain
- Wireless Keyboard and Mouse- Reduce Neck and back pain
- Seat Cushion- Comfortability during workday

Schools Tool (Technology): Learning Platform

Virtual Platform: These sites help by allowing teachers to execute lesson plans, create new online learning task, and host virtual interactive multimedia classrooms.

Most Popular Virtual Learning Platform: **Google Classroom and Microsoft Teams**

Other Virtual Platforms (31):

- 3P Learning
- Bloomz
- Buncee
- ClassDojo
- Deck Toys
- Edmodo
- EdPuzzle
- Edulastic
- Eduplanet
- Explain Everything Whiteboard
- FlipGrid
- Genially
- Habyta
- Hapara
- Kahoot!
- Kapwing
- Loop
- ManagedMethods
- Osmo
- Parlay
- Pronto
- Seesaw
- Skype
- Slack
- Schoology
- Start.me
- StudyBee
- Sutori
- Webex
- Wooclap
- Zoom

Learning Platform: Google Classrooms (Option 1)

PROS

- Free Web Service
- Seamless collaboration
- Ease of grading
- Easy Setup Process
- Integrate google drive
- Easy and instant ability to post new content, announcements and material
- Paperless environment for teachers and students
- Students can interact with one another via post
- Track Daily Attendance
- Ability to reuse projects/assignments for mirroring courses on platform
- Assignments can be revisited by students as needed.
- Co-teachers can be added
- Parents can be invited to monitor student progress
- Reminds students of upcoming assignments
- Create & administer student exams
- Schedule time for assignment to post
- Monitor student progress.
- It provides a date/time stamp that shows when each student turned in their assignment/project.

Learning Platform: Microsoft Teams (Option 2)

PROS

- Free
- Immersive Reader
- Easy to Assign, track, and grade class assignments.
- Microsoft Office compatible
- Easy access to video conferencing platform.
- Consistent Notification Alerts
- Increased Productivity
- Streamline Communication
- Integrate all Office 365 Applications.



Cons of Learning Platforms



Google Classroom

- Uploading of Word documents can cause problem when converting to Google Docs.
- Full functioning grade book
- Inconsistent notification when students post in the classroom
- Glitches for schedule assignments

Microsoft Teams

- Uploading of Word documents can cause problem when converting to Google Docs.
- Full functioning grade book
- Inconsistent notification when students post in the classroom
- Glitches for schedule assignments

Schools Tool(Technology):Video Conferencing

Video Conferencing Platforms: Allow teachers to meet with their respective students on a common medium to communicate lessons and the curriculum to be distributed. The limitations of distant learning and real-time communication with the help of the internet is now a problem of the past.

Most Popular Video Conferencing Platforms: Google Meets, Microsoft Teams, and Zoom



Google Meet



Universal PROs & CONs of Video Conferencing

PROs

- Cost Effective- The platforms offered to the students are free.
- Enhances Productivity- immediate communication to address concerns/ state information.
- No barrier of time- Meetings can take place anywhere. Attendees need a device with a webcam and Wi-Fi
- More engaging than audio conferencing
- Access anywhere

CONs

- Technological Issues- Malfunctions can occur at any time for the Host and or the Attendees in the meeting. Lags (slows the computers) can make it impossible for attendees and or the host to understand the content being received/ delivered.
- Initially Problematic- The technology can provide issues for the host due to an unfamiliarity. However this can change with time.

PROS

- Share Screen
- Virtual Whiteboard
- Record Session
- Compatible across devices
- Participants can raise hand to alert teacher of questions without disrupting lecture
- HD Video and Audio- Exceptional clarity and quality for virtual and hybrid classes.
- Security Pin
- Controls for meeting host- Mute, Pin, Remove All Participants
- Adjustable layout and
- Option to Allow students to Share Screen
- Disable chat
- Live captioning during meetings- Accessibility
- Messaging with participants
- Integration with Google and Microsoft Office apps

Video Platform: **Google Meets**(Option 1)

PROS

- Share Screen
- High Quality video and audio calling
- Record Meetings
- Chat before, during, and after meetings
- Live Captions during meeting
- User Friendly Interface.
- Customized Backgrounds
- Raise Hand Feature
- Mute All Participants at once
- Participant List (Can be downloaded after meeting)
- Disable chat
- Remove Disruptive Student from meeting
- Share From Any Device
- Share Files during meeting
- Security Pin

Video Platform: Microsoft Teams (Option 2)

Video Platform: **Zoom**(Option 3)

PROS

- Share Screen
- Virtual Whiteboard
- Chat Panel
- Record Session- allow students to learn at their own pace.
- Breakout Rooms for collaborative work
- Virtual Backgrounds
- Participants can raise hand to alert teacher of questions without disrupting lecture
- HD Video and Audio- Exceptional clarity and quality for virtual and hybrid classes.
- Enable Waiting Room
- Mute All Participants at once
- Option to Allow students to Share Screen
- Disable chat
- Allow Co-Host- Great for co-teachers
- Remove Disruptive Student from meeting
- Create a virtual seating chart
- Accessibility for all learners- Ensures that every student can participate equitably with closed captioning and keyboard shortcuts.
- Security Passcode

Successful Methods for My Teaching During a Pandemic



Google Classroom

- Easy Interface to access for student and teachers
- Free for all users
- Compatible with the county's existing platforms



zoom

- Little to no technical difficulty
- HD quality service
- Free
- Unlimited time for meetings
- Advanced screen sharing capabilities



Google Classroom



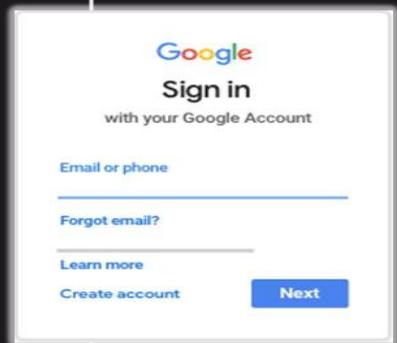
Google Classroom

Successful Methods for my Teaching During a Pandemic

How Students Access Google Classroom

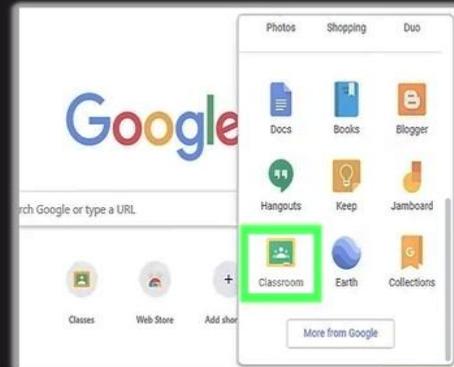


Sign in with your DHHS student email



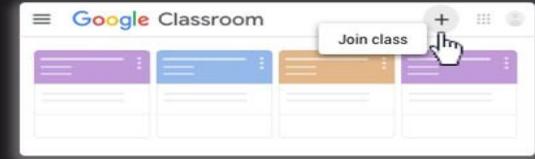
Step 1

Go to google apps to find 'Classroom'
or
<https://classroom.google.com/>



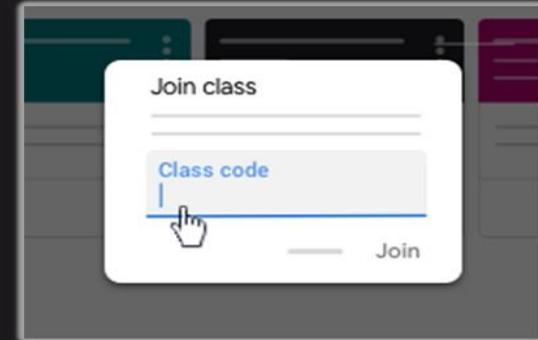
Step 2

Select 'Join class'



Step 3

Enter your class code.
Code can be found on verge.



Step 4

How To Access Google Classroom



Successful Methods for my Teaching During a Pandemic



How Students Access Zoom Meeting

Link: <https://zoom.us/>

Teacher View

Meetings

Upcoming Previous Personal Room Meeting Templates

Details

Topic Coach Hunt's Personal Meeting Room

Meeting ID 205 715 0137

Passcode ***** Show Waiting Room

Join URL: <https://zoom.us/i/2057150137?pwd=a1YwSIREZDJRT2l0L3dhWlwYUI5dz09>

Add to Google Calendar Outlook Calendar (.ics) Yahoo Calendar

PERSONAL

Profile Meetings Webinars Recordings Settings

ADMIN

> User Management > Room Management > Account Management

Students Enter Meeting ID and Passcode to Join Meeting

Successful Teaching Methods During a Pandemic: Teaching Style and Delivery Instruction

TEACHER-CENTERED vs STUDENT-CENTERED LEARNING

ELEMENTS	TEACHER-CENTERED	STUDENT-CENTERED
KNOWLEDGE	Transmitted from Instruction	Constructed by Students
STUDENT PARTICIPATION	Passive	Active
ROLE OF LECTURER	Leader/Authority	Facilitator/Partner in Learning
ROLE OF ASSESSMENT	Few Tests, Mainly for Grading	Many Tests, for Ongoing Feedback
EMPHASIS	Learning Correct Answers	Developing Deeper Understanding
ASSESSMENT METHOD	One-Dimensional Testing	Multidimensional Testing
ACADEMIC CULTURE	Competitive, Individualistic	Collaborative, Supportive

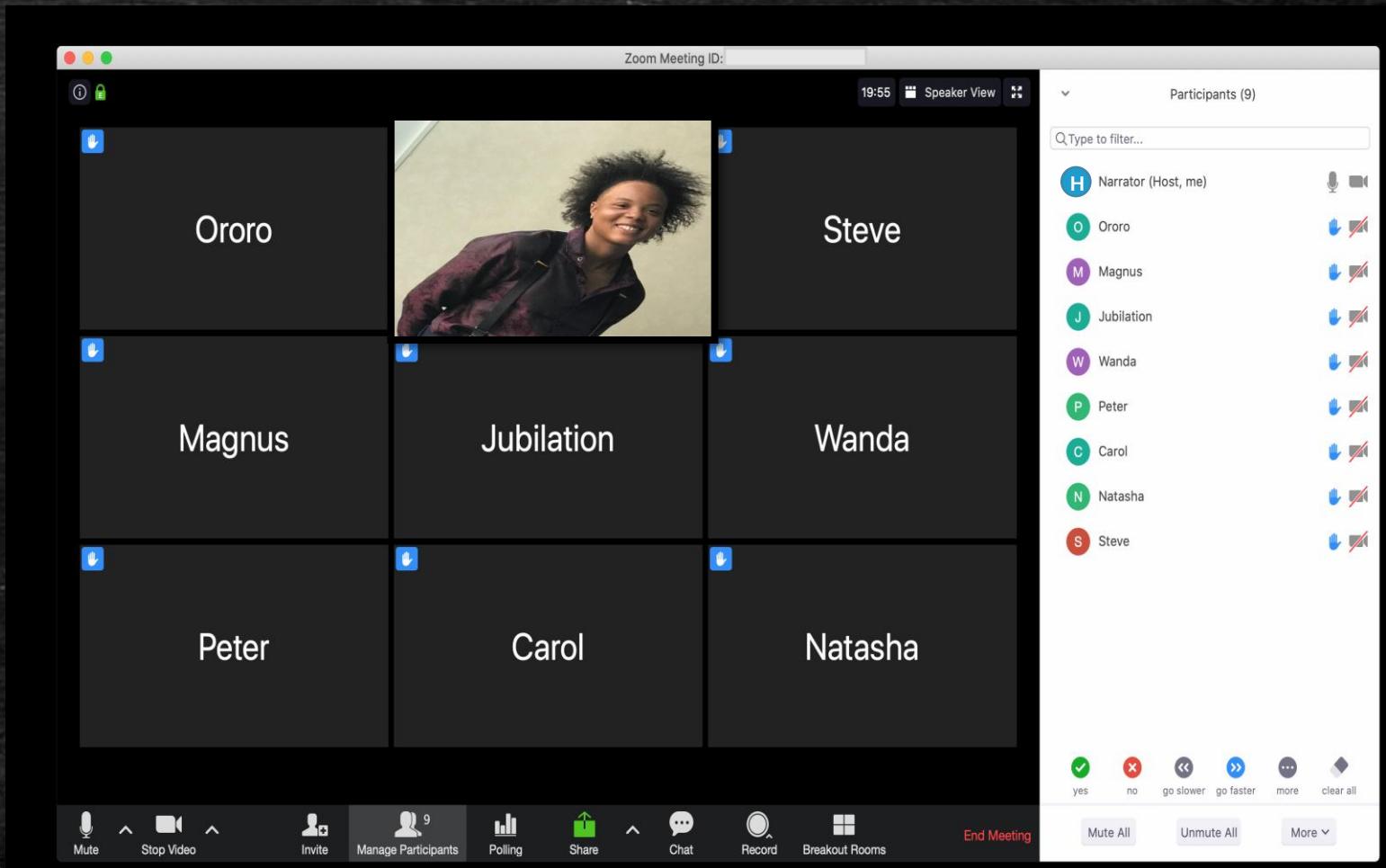
- Virtual learning causes for both teacher-centered and student-centered learning.
- By implementing both teaching styles student engagement is higher.
- Both teaching styles are combined and incorporate in my teaching style.

What has been most challenging while teaching during a pandemic?

- Low student involvement and student engagement was the most challenging of the pandemic. (No cameras or microphones)
- Student's Initial shyness

How to overcome challenges?

- Optimistic Attitude
- Personal Reset Button (Pressed Daily)
- Look for solutions when met with challenges
- Create small task that cause for student involvement. (My personal solution in next slide)



Successful Teaching Methods During a Pandemic



Student Engagement

In order to ensure student engagement I ask the students to put a letter, number, or special character in the chat before moving on to the next point at various stages in the lesson to check for understanding. Engagement is higher with that implementation.



Successful Teaching Methods During a Pandemic: Protocols (Attendance)

Daily Attendance 11/13/20

34

Turned in

1

Assigned

Yes

33



Dayna



Jordan



Eric



Amara



CONFIDENTIAL



Pilar
Pino-Castillo



Erica



Aida



Kaylee

Daily Attendance



Katie Hunt posted a new question: Daily Attendance 11/13/20

Due Nov 13



Posted Nov 13

By clicking 'Yes', I (the student) am responsible for the completion of the work given. No response is an unexcused absence unless an approved excuse is provided. I will log on to Zoom for each class session with video showing.

34

Turned in

1

Assigned

- Attendance taken via Google classroom
- Track Students Daily
- Documented Throughout the Entire Course
- Time- Stamped
- Scheduled to Appear at a Specific Time
- Parents can take notice

Successful Teaching Methods During a Pandemic: Protocols (Remediation/ Grade Check)

Personal Fitness
002

Question Student answers

 I am fully aware of my grade and I am completely satisfied.

Katie Hunt • Oct 9
100 points Due Oct 9

Answer honestly, complete and Submit.

Yes.
 No. I wish to do something about my grade, but if I do not act then I am responsible for my final grade.
 No. I wish to do nothing about my grade.

Class comments

 Add class comment... ➤

I am fully aware of my grade and I am completely satisfied.

18	7
Turned in	Assigned
Yes.	13
No. I wish to do something about my grade, but if I do not act then I am responsible for my final grade.	5
No. I wish to do nothing about my grade.	0

- Student (self-assessment) perform evaluation having to research their grade and honestly assess their current standings.
- Parents can also read their child's response in order to track progress.
- Administered every 5 weeks to aid in student accountability
- Participation grade upon completion

Successful Teaching Methods During a Pandemic: Teacher- Student Communication can occur..

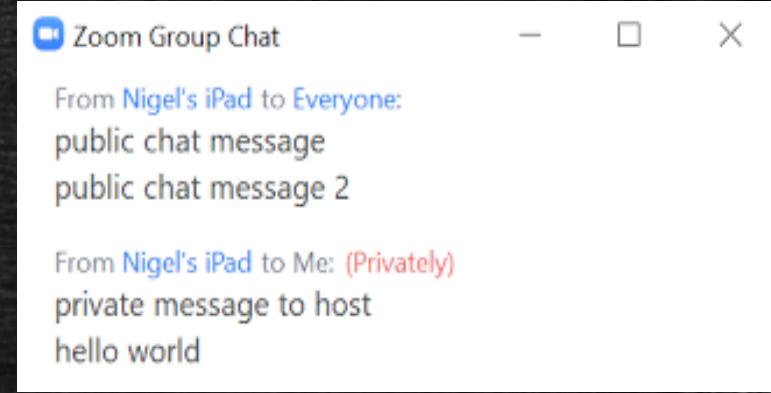
Via EMAIL



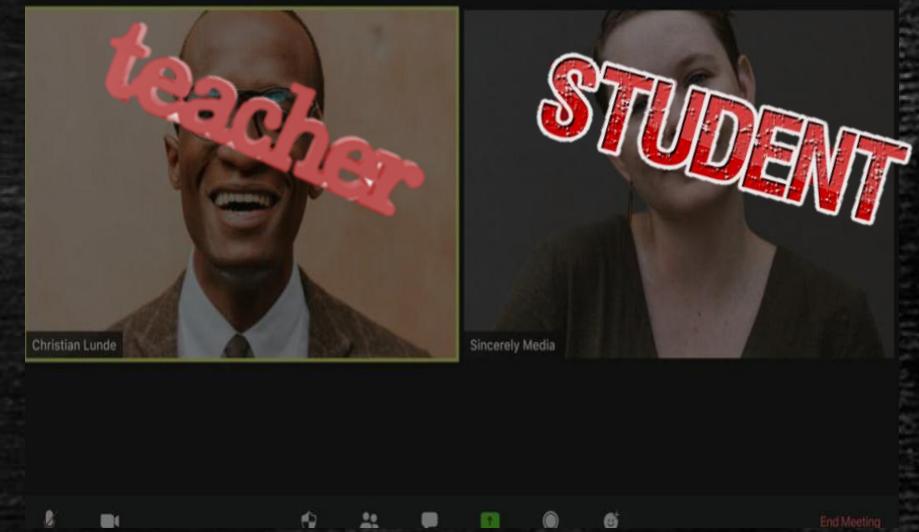
Google Classroom- Students can comment under announcements or on assignments.

A screenshot of a Google Classroom discussion thread. The first message is from a user named 'Coach Hunt' on October 29, asking if there will be class today. The second message is from a user named 'DJ JJ.' on October 29, stating that they will not meet virtually but complete assigned work. At the bottom, there is a placeholder for 'Add class comment...' with a right-pointing arrow button.

During Zoom Meeting
in Private Chat



After Class
Session via
Zoom Meeting
for a One-on-
One Meeting



Resources used to help you plan for HPE during a pandemic?



Successful Teaching Methods During a Pandemic



- You Tube has been an alternative method to deliver the content. YouTube serves as an alternative method/ resource to deliver the content instead of PowerPoints or Google slides every day. Instructional videos provide as another way to engage the students.
- A positive trend in student's test scores are a result of using YouTube as an academic resource. Student can revisit the content whenever they need in order to master the content.

Successful Teaching Methods During a Pandemic

Flexibilty Workout: Yoga

Katie Hunt • Aug 31

100 points

<https://youtu.be/Yzm3fA2HhkQ>

Click link. Record self and submit video by Friday.

Class comments



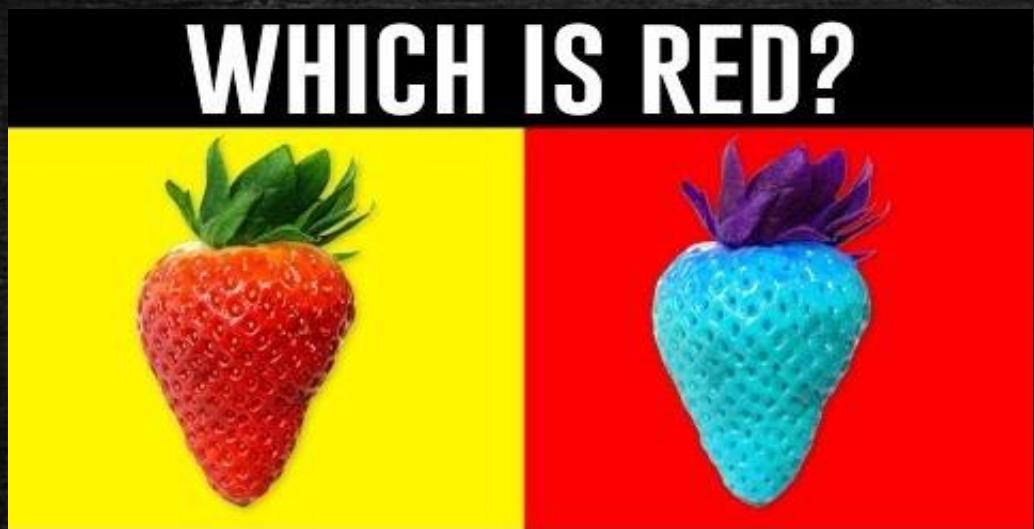
Add class comment...



- Time allotted during class period so student can complete the exercise(s).
- Students can mirror task thus be physical active.
- Psychomotor domain can be met with the implementation of task that include movement.

Successful Teaching Methods During a Pandemic

Brain Warmups to Promote Cognitive Stimulation



Press
PLAY



Brain warmup (specific activity) used to increase student engagement. Students can respond in chat or aloud. Receive only positive feedback when administering the “brain teasers” via YouTube.

Example of assigned workout



Successful Teaching Methods During a Pandemic

- Teacher Pay Teacher is a website that offer content related lessons for teachers.
- Somewhat lessens the stress of preparing virtual lessons that engage the students.
- Teachers Pay Teachers offers free content
- Provide fresh ideas for optimal virtual learning experience.



Successful Teaching Methods During a Pandemic

Stress Management Habits (HabitWise Lesson #2)

★★★★★ 1 Rating



Subject
Health, Life Skills, Character Education

Grade Levels
7th, 8th, 9th, 10th, Homeschool

FREE
Streaming Video & Supporting Document

Add To My Purchases 

+ Add to Wish List

Share this resource   

Report this resource to TpT

Supporting document
This is an additional download that supports the video.

Download

Description Reviews ¹ Q&A ⁴ More from Alliance for Decision Education

FREE
Streaming Video & Supporting Document

Add To My Purchases 

+ Add to Wish List

Share this resource   

Report this resource to TpT

Description

Help students reduce stress with Lesson #2 of the *HabitWise* program!

After watching the video and completing the follow-up worksheets, students will be able to:

- Identify the parts of the habit loop (cue, behavior, satisfaction, and negative side effects) and explain how they work together.
- Explain how habits in their own lives follow the habit loop.
- Identify appropriate rewards for making progress on habits.
- Recognize the consequences of habits that result from or cause stress.
- Identify habits that can prevent stress

HabitWise is an in-class program that empowers adolescents to use the psychology of habit formation to improve their wellness, productivity, money management, and relationships. It's a critical addition to the curriculum for Health, Advisory, Guidance, Social & Emotional Learning, and Psychology.

Link: <https://www.teacherspayteachers.com/Product/Stress-Management-Habits-HabitWise-Lesson-2-3430851>

Successful Teaching Methods During a Pandemic

HabitWise Lesson #2: How Habits Can Help Us Manage Stress

Name: _____ Date: _____ Score: _____

We often find new ways to improve our habits when we learn about what's worked well or what's been problematic for others, so you're encouraged to share your ideas with the class.

What Do You Think?

Answer these questions before you watch the video to check in with your current opinions about the topic.

1. Read each statement. Circle the option that best represents your opinion. Then, explain the reason(s) for your opinion.

Being a teenager is stressful.

Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

Reason for my opinion: _____

Typically, adults are under more stress than teenagers or children.

Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

Reason for my opinion: _____

Today's world is a stressful place.

Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

Reason for my opinion: _____

Stress is easy to deal with.

Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

Reason for my opinion: _____

TEACHER'S GUIDE

HabitWise Lesson #2: How Habits Can Help Us Manage Stress

Lesson #2 Overview

Purpose
Students learn how the habit loop works and how, specifically, stress-related habit loops affect our lives.

Objectives
Students will be able to:

- Identify the parts of the habit loop (cue, behavior, satisfaction, and negative side effects) and explain how they work together.
- Explain how habits in their own lives follow the habit loop.
- Identify appropriate rewards for making progress on habits.
- Recognize the consequences of habits that result from or cause stress.
- Identify habits that can prevent stress.

Materials

- Computer, projector, and speakers to play video
- A copy for each student of the Lesson #2 worksheets
- A copy for each student of any extension activities you plan to assign
- All students will need pencils/pens

Vocabulary

- Habit loop: A process that trains our brains to do the same thing over and over again.
- Cue: What prompts a habit loop to start. It can be anything that reminds us of doing the habit, like a certain feeling (which could be emotional or physical), a time of day, a place, people you're with, what you did just before – or some combination of those things.
- Behavior: The action of the habit.
- Satisfaction: What we get out of doing the habit or why we like it. It's what keeps us even doing habits that we want to crush.
- Negative side effects: What follows the satisfaction in habits that we want to crush. It's why we want to crush or change the habit.
- Mindful breathing exercises: Calm, focused ways of breathing that can help us reduce stress and improve our attention.

Activities

Lesson #2: How Habits Can Help Us Manage Stress Answer and discuss "What Do You Think?" questions. Watch Lesson #2 video. Answer and discuss "Check Your Understanding" questions. Replay parts of video for review if necessary. Answer and discuss "Connect It To Your Life" questions.	Approximate Time Requirement 10 minutes 10 minutes 15 minutes 20 minutes Total: 55 minutes
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------

Extension Activities

- Planning Rewards
- The Habit Loops of Animals
- How Stress Connects to Addiction

Closure

Upon completion of the lesson activities, have students respond to these questions in writing or discussion:

- What's the most important thing you learned about habits during this lesson?
- What's the most important thing you observed about yourself during this lesson?

HabitWise Lesson #2: How Habits Can Help Us Manage Stress

Check Your Understanding

Answer these questions after you watch the video. You'll reinforce the terms for the habit concepts that you'll apply to your own life because, as the saying goes, "you have to name it to tame it."

2. What trains our brains to do the same thing over and over again?
 - A. 20-minute study sessions
 - B. Reciting the alphabet backwards
 - C. The habit loop
 - D. Psychology experiments
3. Fill in the blank: A _____ can be anything that reminds you of doing the habit, like a feeling, time of day, place, people, or what you just did before.
 - A. Habit loop
 - B. Cue
 - C. Behavior
 - D. Satisfaction
4. Fill in the blank: A behavior of a habit leads to a sense of _____.
 - A. Frustration
 - B. Satisfaction
 - C. Power
 - D. Order
5. What usually makes us want to change a habit?
 - A. If we experience negative side effects
 - B. If it takes too long
 - C. If we've outgrown it
 - D. If better methods have been discovered
6. Fill in the blank with the appropriate set of words: If you want to improve a habit, use the same _____ to prompt a different _____ that gives you a similar _____ (without any negative side effects).
 - A. habit loop, behavior, satisfaction
 - B. satisfaction, behavior, habit loop
 - C. cue, behavior, satisfaction
 - D. behavior, cue, habit loop
7. When it's tough to get a good habit started, what can help us stick to it?
 - A. Clearing our schedule
 - B. A small reward
 - C. Buying a planner
 - D. Eliminating the cues
8. Each of the following behaviors could offer some sense of satisfaction. Some would be likely to have a positive, long-lasting influence on one's life, but others but would be likely to have negative side effects.
 - Write what you think could be the satisfaction of each behavior (even if it's not a habit you would have).
 - Then, think about whether the behavior would be likely to have negative side effects and write those in the next box. (Leave it blank if you think it wouldn't have negative side effects.)

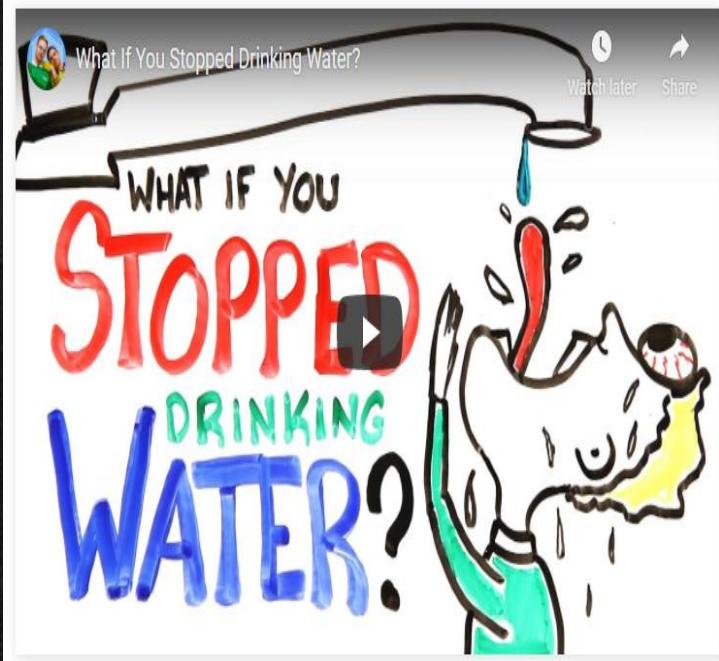
Behavior	Satisfaction	Negative Side Effects
Having an energy drink every afternoon		
Packing a lunch the night before it's needed		
Starting a conversation with a friend by gossiping about someone else		

Successful Teaching Methods During a Pandemic



- TED-Ed provide a credible educational experience for every student
- Brilliant lesson plans for health education teachers.
- TED-Ed is free for students and teachers.
- The platforms offers an educational video followed by a corresponding multiple choice and short answer questions.
- The site also offers additional resources for students to explore and guided discussion to enter an academic conversation around the globe surrounding the topic.

Link: <https://ed.ted.com/>



1.

Watch

Think

Dig Deeper

Discuss

Customize This Lesson 54

Create and share a new lesson based on this

How much of an adult human's body is water?

A 6.5 percent

B 90 percent

C 65 percent

D we are unsure

2.

3.

Additional Resources for you to Explore

TED Ed has some wonderful lessons on water! [Check out this blog post](#) that has several lessons on different water topics. Be prepared to learn! Will we run out of clean water? [Click here](#) to find out! Want to get some ideas on how you can help? There is a TED Talk for that! Watch: [3 thoughtful ways to conserve water](#).

[Next Section »](#)

4.

1 Guided Discussion 0 Open Discussions

 **Kim Preshoff**
Lesson Creator
Hamburg, New York, United States

How do you think we can make water safe and available to more people?

06/18/2020 / 9 Updates 9 Responses

Successful Teaching Methods During a Pandemic

Google Docs has proven to be a valuable resource for successful teaching methods. Google Docs allows for interactive assignments, so the entire class can participate simultaneously. All 34 students can contribute to the completion of an assignment related to the lesson assigned by the teacher.

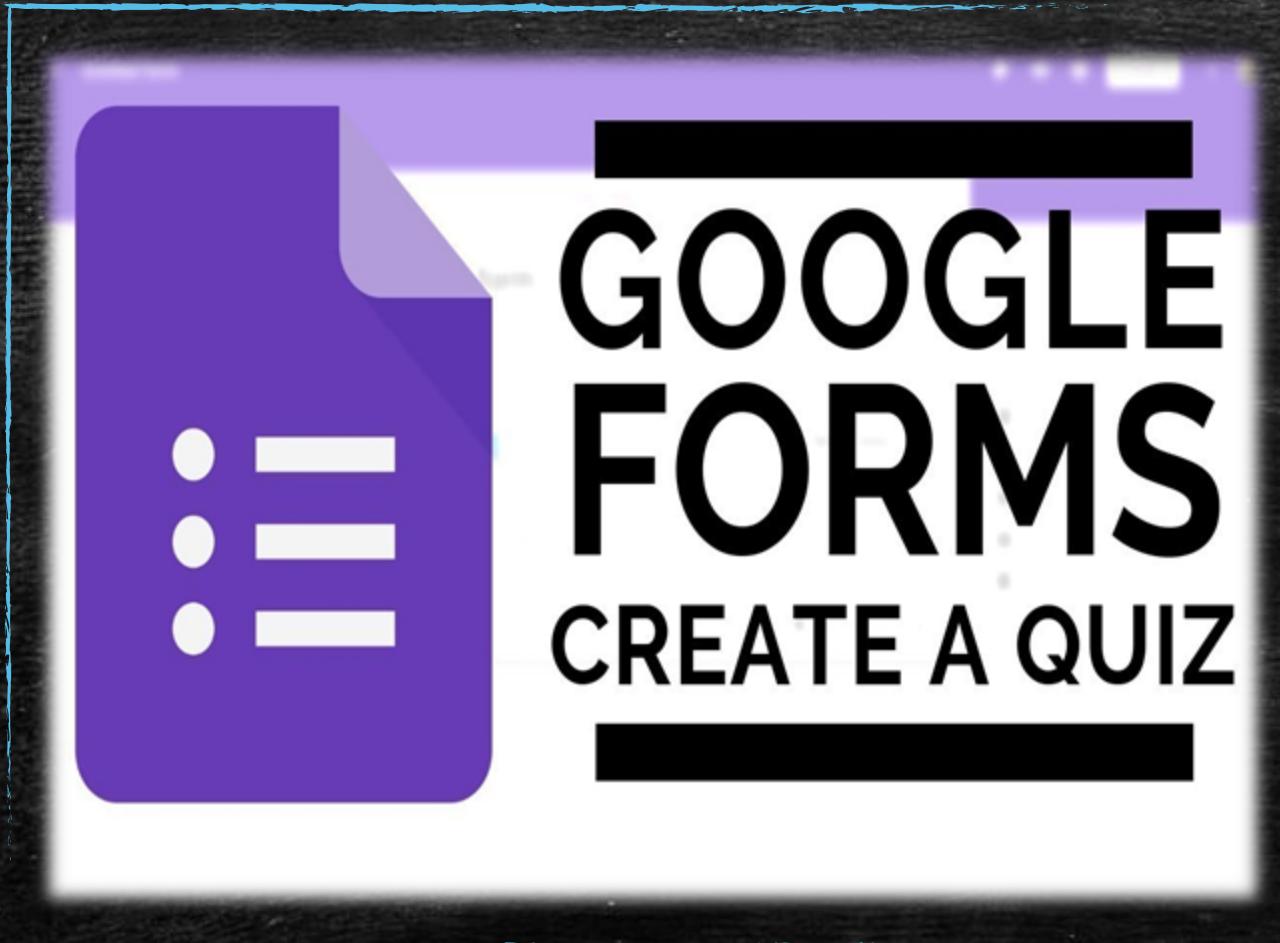
- Assignment: Teacher creates google doc, provide instruction then assigns students a time (3 minutes) to complete task.
- Teacher can see the contributors as students work toward the completion of the document.
- Example of student- centered learning style.



This task improves student engagement.

Successful Teaching Methods During a Pandemic

Successful Teaching Methods During a Pandemic: Assessment Method



Google Classroom offers a quiz feature through Google Forms.

- Graded Immediately
- Options to release the grades immediately or after evaluation.
- Assign point values to each question.
- Lockmode (Chromebook Only). Lockmode disables the student's ability to open other tabs while taking the test.
- The form creates a statistical analysis after the submission of each question that give the teacher insight on the student results.

Quiz Analytics Next Slide

Successful Teaching Methods During a Pandemic

Questions Responses 20 Total points: 100

Insights

Average 80.2 / 100 points Median 84 / 100 points Range 48 - 100 points

Total points distribution

of respondents

Points scored

Frequently missed questions ?

Question Correct responses

Avocado is associated with which food group? 9 / 20

Body fat, muscles, blood, and other bodily fluids all contain _____.
19 / 20 correct responses

Minerals. 1 (5%)

Vitamins. 0 (0%)

✓ Water. 19 (95%)

Fibers. 0 (0%)

Email Score / 100 Score released

CONFIDENTIAL

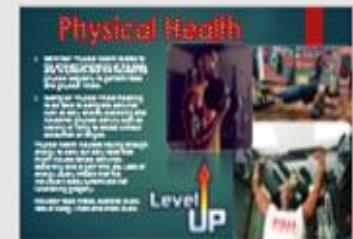
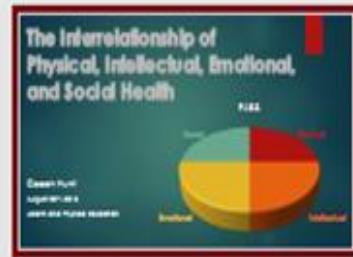
@dekalbschoolsga.org	74	Nov 13 10:51 AM
@dekalbschoolsga.org	100	Nov 13 10:52 AM
@dekalbschoolsga.org	76	Nov 13 10:52 AM
@dekalbschoolsga.org	96	Nov 13 10:53 AM
@dekalbschoolsga.org	84	Nov 13 10:55 AM
@dekalbschoolsga.org	84	Nov 13 10:57 AM
@dekalbschoolsga.org	80	Nov 13 10:59 AM
@dekalbschoolsga.org	84	Nov 13 10:59 AM

Successful Teaching Methods During a Pandemic

- PowerPoint is a vital resource for all teachers whether face to face, hybrid or virtual learning.
- PowerPoint can be created, and screen shared to deliver the content in a teacher-centered learning style.

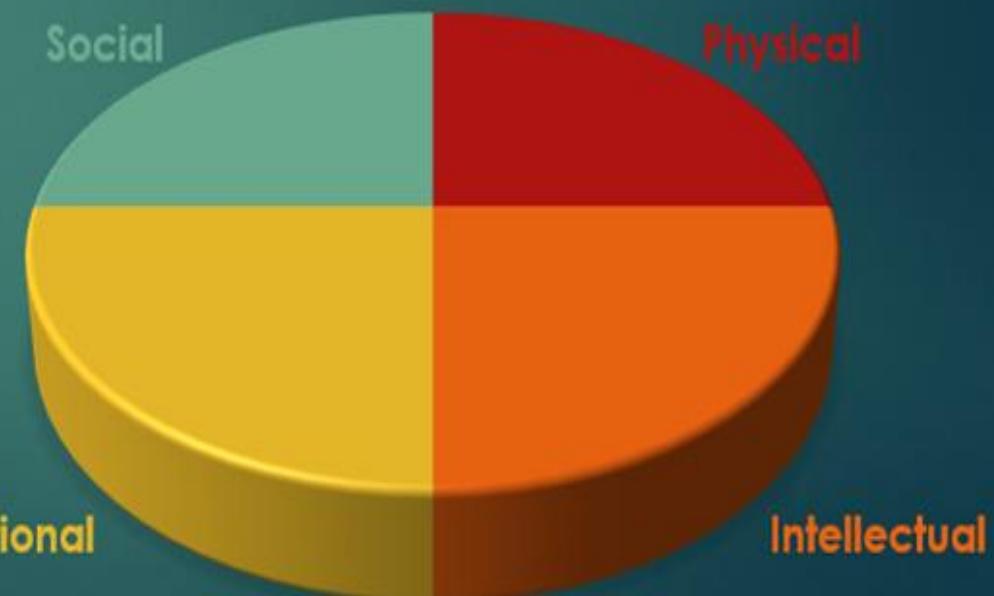


PowerPoint



The Interrelationship of Physical, Intellectual, Emotional, and Social Health

P.I.E.S.



Coach Hunt

August 28th, 2018

Health and Physical Education

Link for PowerPoint: https://drive.google.com/file/d/1x-NPWqG92DE8SwVkzrw_WL-55e3VcTnb/view?usp=sharing

Successful Teaching Methods During a Pandemic



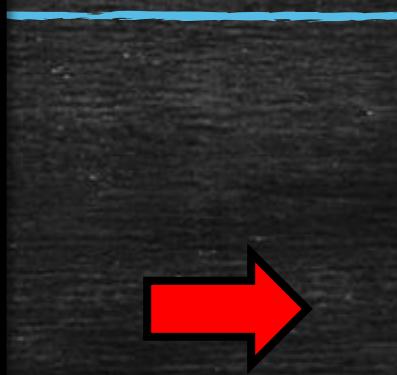
- Implemented to increase student engagement, assessment grades, and serve as a review activity.

Successful Teaching Methods During a Pandemic

JEOPARDY!

Personal Fitness Component Review

Coach Hunt



JEOPARDY BOARD					FINAL JEOPARDY
Muscular Strength	Muscular Endurance	Aerobic Capacity	Flexibility	Body Comp.	
\$100	\$100	\$100	\$100	\$100	
\$200	\$200	\$200	\$200	\$200	
\$300	\$300	\$300	\$300	\$300	
\$400	\$400	\$400	\$400	\$400	
\$500	\$500	\$500	\$500	\$500	

Muscular Endurance - 200 Points



What are the factors that increase muscular endurance?



Click to see answer 

Muscular Endurance - 200 Points

Increasing muscular output and increasing reps.

Click to return to Jeopardy Board 

Link to my Jeopardy Game:

https://docs.google.com/presentation/d/1De3Y3rlVt-SewB4n1ukkm_gSdHlCFgPrL2XgdNFU1Pc/edit?usp=sharing

Link to create Jeopardy Game:

https://docs.google.com/presentation/d/1N_5lbXUY3y2PCuhFQoYA7ZuREW7ew1Q3fyILBnEBOA/edit#slide=id.g2b654b397_0490

Successful Teaching Methods During a Pandemic: Extra Resources



Link: <https://hookedoninnovation.com/2020/05/13/25-strategies-to-engage-zoom/>



Successful Teaching Methods During a Pandemic

- Students can play interactive games while learning content simultaneously.
- Students can access Kahoot anywhere.
- Teacher can see student participation during task and see scores after task.



Basketball Lay-Up Quiz

0 favorites 0 plays 0 players

Play

Edit



Questions (5)

1 - Quiz
What is the first step when performing a right hand lay-up?

2 - Quiz
What is the second step when performing a right hand lay-up?

3 - Quiz
What is the third step when performing a right hand lay-up?



Link: <https://kahoot.com/schools-u/>

Teaching During a Pandemic vs. Face 2 Face



- Increased my knowledge of digital platforms.
- Ability to go Paperless
- Enhanced confidence to deliver distant learning/ hybrid curriculum
- Improved my teaching strategies.
- Improved student-center learning approach
- Sharpened Direct Instruction/
Teacher Centered Learning

Physical Education is one of the few disciplines that can incorporate affective, psychomotor, and cognitive elements simultaneously. Before the pandemic HPE lessons included more collaborative task amongst peers to accomplish assigned task. The pandemic has eliminated the ability to enhance students' affective skills with movement (psychomotor skills), but the challenge to create lessons that can execute all three skills are a challenge I do not shy away from. I plan to continue the paperless benefit and incorporate improved differentiated instruction when the pandemic is lifted.

ADVICE FOR INCOMING FACULTY MEMBER OR STUDENT TEACHER

- Remain Optimistic
- Choose a platform that can duplicate course content for future reference
- Write down your ideas
- Remain Organized
- Find solutions before you allow your energy to shift.
- Set the tone for your class immediately (rule and protocols)
- Try to be a week ahead
- Anticipate bad internet connection some days... and be ok.



- Work Smarter not Harder
- Seek out like minded teachers to exchange thoughts
- Reach out to department members for answers and advice
- Check your email daily (Stay Informed)
- Establish a day and time to meet with parents/ students
- Allow self to decompress each day
- Find a routine to establish a positive rhythm that will enhance productivity.

Summary

- The goal of this presentation is aimed to provide support and relief by informing individuals with pertinent information to teach virtually. Teaching virtually creates many concerns, but with the PowerPoint and time those concern will fade. The presentation includes the top platforms to teach virtually along with the resources needed to create and carryout lesson plans. This presentation will serve as the new teachers' guide to successfully implement engaging lesson that adhere to the curricula while grooming effective teachers.