

## Cross Canada Check In

September 30, 2020

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On September 30, 2020 a number of Physical and Health Education teachers gathered at 7:30pm ET to celebrate the successes of this school year, brainstorm solutions for challenges, and support each other with ideas and encouragement. Below is a summary of the chat in the meeting.

### What is going well?

- Teaching outside has (so far) been a privilege - love the fresh air!
- Great cooperation and teamwork among all staff at the school
- Students are excited to be there and are showing their resilience.
- Great support among teachers as we all navigate this new space.
- Re-connecting (from a distance) with families at drop-off in the morning.
- Living in the moment and soaking up the good moments.
- Students' laughter!

### How is sanitization of equipment and space working at your school?

- Very different in all schools.
- Some teachers are able to bring their own, some are not allowed to clean (custodians only).
- Many different solutions/products being used.
- FOLLOW BOARD/UNION RECOMMENDATIONS. Each situation is different.

### Challenges

- Sharing outdoor spaces among adjacent schools - students are easily distracted.
- Time to clean seems to be a challenge in our elementary schools with the quick switch between classes.
- Staff are tired and feeling overworked. Concerns about burnout and lack of human resources.
- Physical distancing among younger students.
- Inconsistency with physical distancing in class and social time (recess, after school, etc.).

### Resources

- Twitter resources:
  - @jeffvanwely
  - @GlennYoung\_PE
  - @aquaholic\_bee
- [Fair and Square resource from CIRA](#)
- [School Mental Health Ontario - Social Emotional Learning](#)

- [PHE Canada Learning Centre](#)
- [BOKS Canada](#)
- [Ophea](#)
- [PHE Manitoba](#)

### **Class activity and engagement ideas**

- Start every class with a sponge activity and an SEL check-in
- Making grids on fields with:
  - Line marking flags (like what hydro might use)
  - Sidewalk chalk
  - Food colouring in snow
  - Mowing distancing squares into the grass
- Outdoor phone scavenger hunt. Give students a list of objects to find, run, find and take a picture. First person back with all list completed and photos taken wins!
- Disc Golf
- Bocce Ball
- Tennis ball golf
- Modified soccer baseball
- Yoga/fitness
- Coloured tape on sticks for teams
- Incorporating recreational activities into PE. Walking/hiking, orienteering, outdoor survival.

### **Equipment purchasing recommendations:**

- Portable sound systems/voice amplifiers
- Seating pads to promote outdoor learning

### **Student and Teacher Well-being**

- Learning to say NO.
- Taking necessary “me time”
- We need to remember that we are doing our best and our best is what we can do. This is our best effort model today. Tomorrow's best effort model might look different. This is all temporary. We are doing the best with what we have, where we are, right now. It might not look the same as in the past but we are doing our best for right now!
- Shut the computer down at night at a certain time.
- Incorporating social emotional learning activities to help locate and label stress
- Physically distanced staff PD activities (walking, paddle boarding, kayaking, etc.)
- Staff/friend workouts via Google Meet
- Starting each day with a workout or run an hour earlier than usual.
- Making time to connect and invite a friend along for an activity.
- Start your class with deep breathing, meditation, and stretching as a warmup.

- “If I can’t change the situation, I need to change my mindset”. I’ve learned to let go of some of the things that others seem bothered by
- Incorporate movement breaks into my classroom teaching
- Sharing our PHE knowledge with classroom teachers in our schools can be really beneficial to the students!

**What resources are you still looking for?**

- How to incorporate technology effectively in PHE classes.
- Supports and strategies for collaborative/cooperative learning that will allow for physical distancing.
- Physical activity vs. physical education in remote learning
- Virtual teaching unit development
- Winter games
- Virtual learning assessment and evaluation

